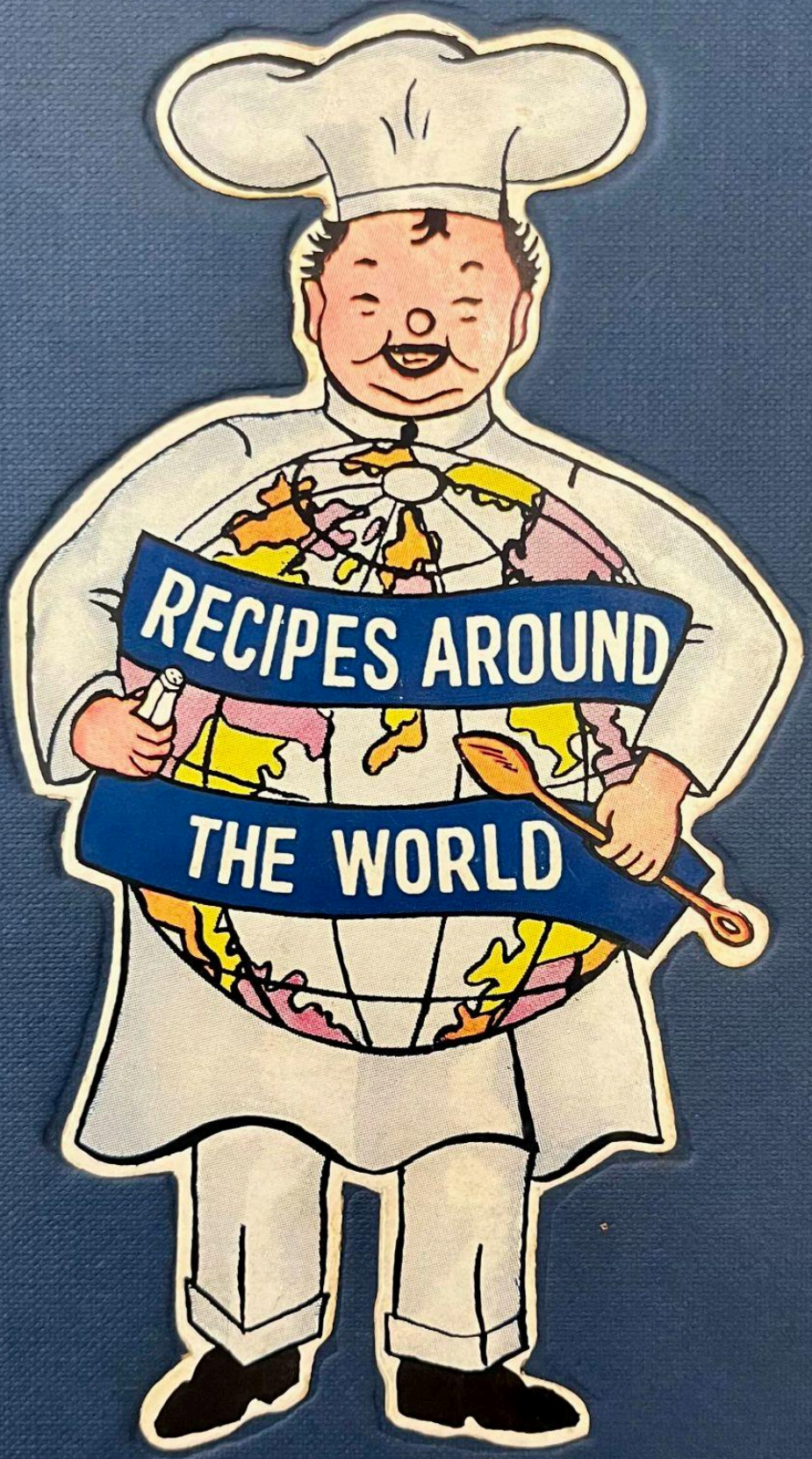
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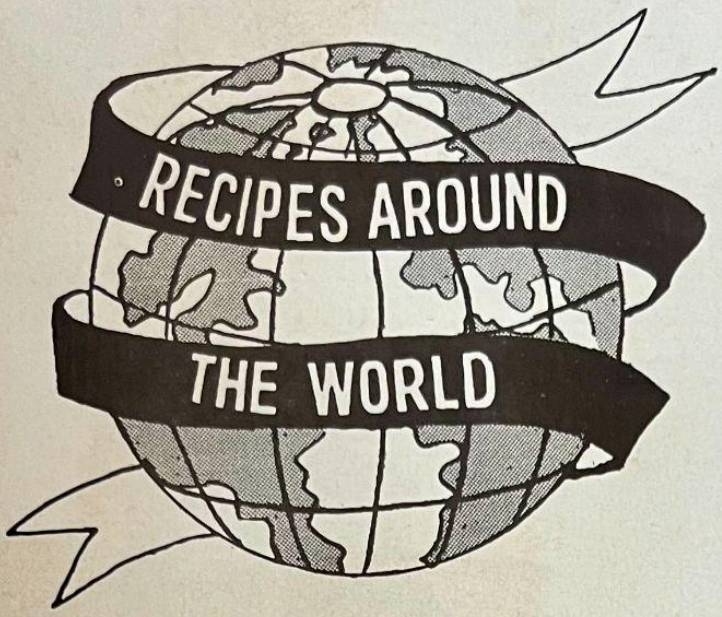

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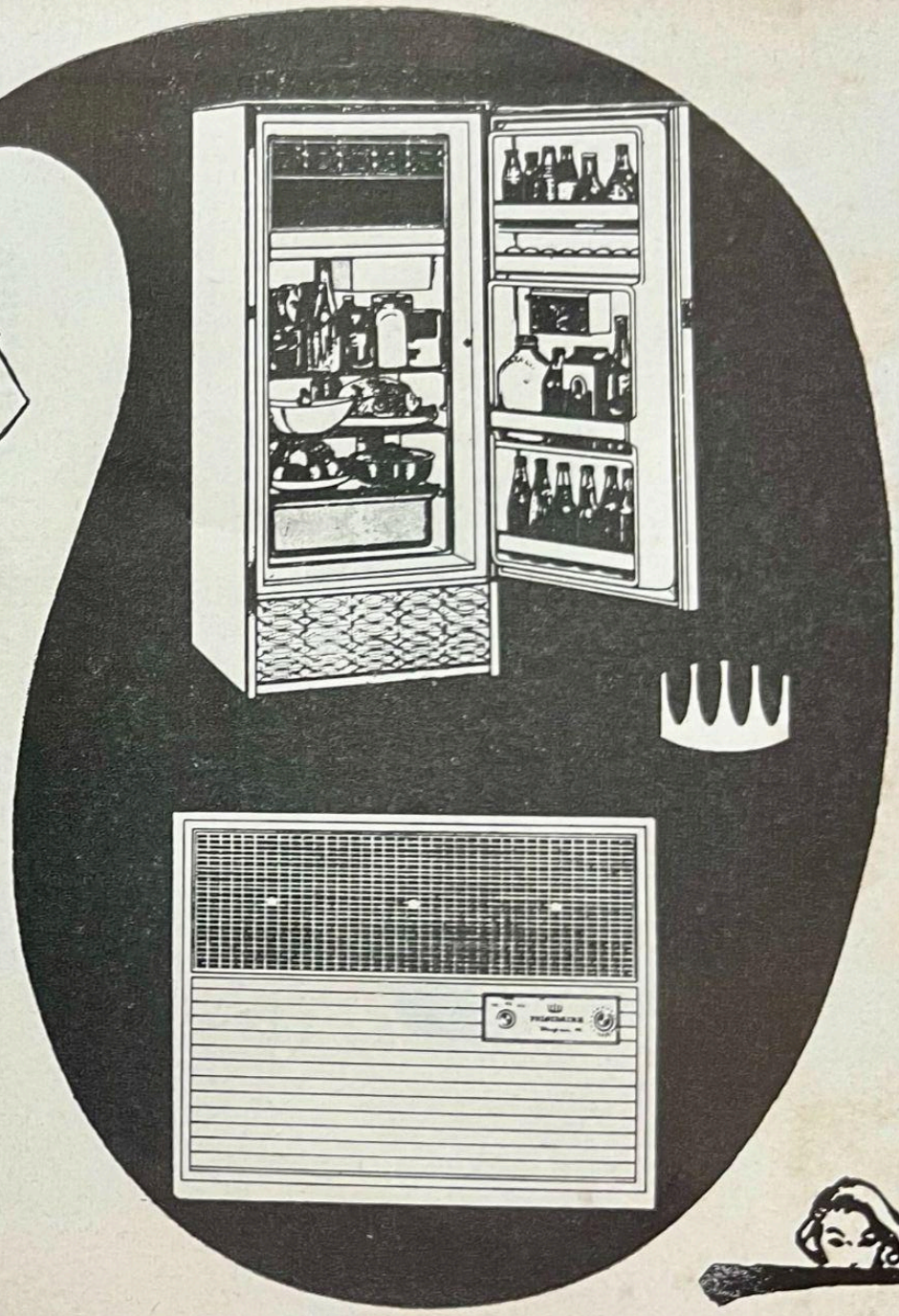

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TABLE OF CONTENTS

CALORIE CHART 1

TABLE OF WEIGHTS AND MEASURES 9

DICTIONARY OF COOKERY TERMS 11

APPETIZERS AND PICKLES 17

SOUPS, GARNISHES, SAUCES 35

CHEESE, CASSEROLES, PASTA 47

FISH 61

POULTRY 75

MEATS 89

VEGETABLES AND SALADS 113

BREADS AND CAKES 129

COOKIES, PASTRIES, CHEESE CAKES 147

DESSERTS AND CANDIES 169

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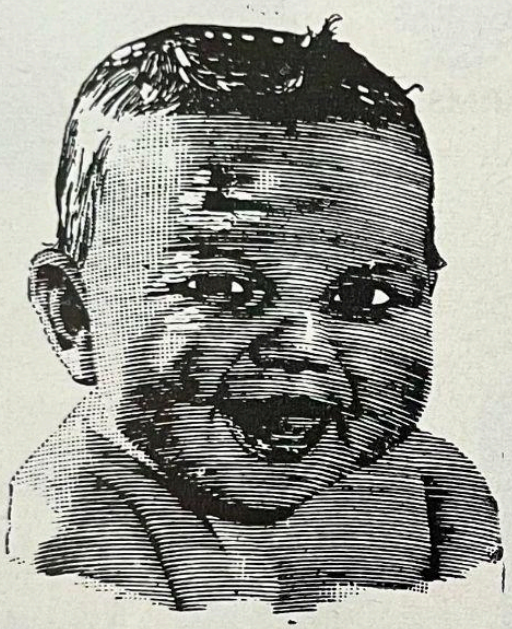

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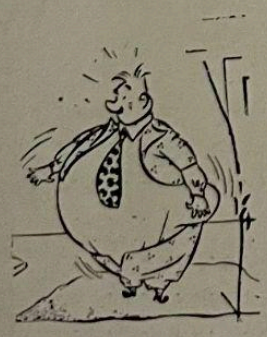
CALORIE CHART

Beverages	*Calories*
Eggnog, 1 cup	200
Cocoa, 3/4 cup	120
Buttermilk, 1 cup	85
Coca-Cola, 1 bottle	80
Milk, skim, 1 cup	85
Coffee	0
Milk, whole, 1 cup	165
Ginger ale, 1 cup	72
Cream, thin, 1 tbsp	30
Cream, whipped, 1 tbsp	35
Milk, evaporated, 1/2 cup undiluted	175
Chocolate soda	400
Malted milk	450
Tomato juice, 1 cup	50
Grapefruit juice, 1 cup	100
Grape juice, 3/4 cup	110
Lemon juice, 1 tbsp	5
Orange juice, 3/4 cup	85
Pineapple juice, 3/4 cup	90

Breads	
Biscuits, baking powder, 2 small	100
Boston brown bread, 1 slice	100
Bran muffins, 2 small	100
Corn bread, 2-inch cube	200
Cracked-wheat bread, 1 slice	55
Cracker, graham 1	40
Crackers, oyster, 10	40
Cracker, soda 1	15
Melba toast, 1 slice	25
Rye bread, 1 slice	75
Rye crisp, 1	20
Roll, Parker house	100
Roll, Vienna	145
White bread, 1 slice	60
White bread, raisin, 1 slice	100
Whole-wheat bread, 1 slice	75
Bread-crumbs, dry, 1 cup	400
Bread-crumbs, soft, 1 cup	150
Popover, 1	100



CALORIE CHART

	Calories
Cereals	
Bran flakes, 1 cup	100
Corn flakes, 1 cup	60
Puffed rice, 1 cup	45
Rolled oats, cooked, 2/3 cup	115
Shredded wheat, 1 biscuit	105
Wheat cereal, cooked, 2/3 cup	105
Farina, cooked, 3/4 cup	100
Hominy grits, cooked, 1/2 cup	62
Macaroni, cooked, 1/2 cup	67
Macaroni, with cheese, 2/3 cup	200
Desserts	
American cheese, 2 x 1 x 1/2" slice	80
Angel cake, 3-inch wedge	150
Apple dumpling, average	210
Apple pie, 3-inch wedge	200
Baked custard, one	125
Blue cheese, 2 x 1 x 3/4" slice	100
Bread pudding, 1/2 cup	200
Camembert cheese, 2-inch wedge, 1" thick	120
Cheese cake, 3-inch wedge	300
Chocolate cake (2 layers), 2 inch wedge	400
Coconut custard pie, 3 inch wedge	300
Cream puff, small	150
Cupcake, plain, un-iced	100
Custard pie, plain, 3 inch wedge	150
Fruitcake, 2 x 2 x 1/2" slice	100
Gelatin dessert, 1/2 cup	90
Gingerbread, average serving	200
Ice, lemon or orange, 1/2 cup or 1 scoop	155
Ice cream, chocolate, 1/2 cup	250
Ice cream, vanilla, 1/2 cup	215
Lemon Meringue pie, 3 inch wedge	300
Liederkranz cheese, 1 inch cube	60
Macaroon, 1	55
Mince pie, 3 inch wedge	500
Rice pudding with egg, 1/2 cup	135
Sherbert, 1/2 cup	200
Strawberry shortcake with whipped cream	530
Sugar cookie, 1	50
Swiss cheese, 4-1/2 x 3-1/2 x 1/8" slice	80
Apple brown Betty, 1/2 cup	250
Apple tapioca, 1/2 cup	205
Chocolate eclair	350

CALORIE CHART

Desserts, (cont.)

	Calories
Chocolate drop cookie, 1	60
Chocolate cream candy, average piece	90
Chocolate fudge, 1 inch cube	90
Chocolate, sweet, milk, 2-1/2 x 1 x 1/8"	100
Chocolate nut caramel, 1 cube	100
Cup Custard, 1/2 cup	100
Doughnut	200
Marshmallows, 5	100
Napoleon, average size	453
Popcorn, popped, 1-1/2 cups	100
Pumpkin pie, 3 inch wedge	225
Raisin pie, 3 inch wedge	450
Tapioca cream, 1/2 cup	100
Sponge cake, 2 x 2-3/4 x 7 /8" slice	100

Fish

Clams, 6	100
Fish, broiled or steamed, lean (bass, cod, halibut, etc.) average serving	100
Fish, broiled or steamed, fat (mackerel, tuna, etc.) average serving	185
Fish, fried (most fish) average serving	210
Lobster, 1/2 small or 1/2 cup canned	65
Oysters, 4 to 6 medium	80
Salmon, canned, 1/2 cup	110
Sardines, canned two 3-inches long	40
Shrimp, 1 medium	10
Tuna fish, canned, 1/2 cup	125

Fruits

Apple, fresh, 1 medium	80
Apple, baked, sweet, 1 medium	160
Applesauce, sweet, 1/2 cup	135
Apricots, dried, 9 halves	100
Apricots, cooked, 3 halves with 2 tbsp juice	100
Apricots, fresh, 5	100
Avocado, 1/2 fruit	200
Banana, 1 medium	100
Blackberries, fresh, 25	50
Blackberries, cooked with sugar, 1/2 cup	200
Blueberries, fresh, 1/2 cup	50

CALORIE CHART

Fruits, (cont.)	*Calories*
Cantaloupe, 1/2	50
Cherries, 10 large	50
Cherries, Royal Anne, with syrup, 12 large	85
Currants, dry, 1/4 cup	125
Currants, fresh, 1/2 cup	35
Cranberry sauce, sweet, 1/2 cup	100
Dates, 3 or 4	100
Figs, dried, 1-1/2	100
Fruit cocktail, 1/2 cup	65
Grapefruit, 1/2 medium	100
Grapes, large bunch	100
Grapes, Malaga, 20 to 25	100
Honeydew melon, 3/4 cup diced	65
Lemon, 1	30
Orange, 1 medium	50
Peaches, canned, 1 large half with 1-1/2 tbsp juice	50
Peach, fresh, 1 medium	50
Pears, canned, 1 half with 1 tbsp juice	34
Pears, fresh, 1 medium	50
Pineapple, canned, 1 slice, 3 tbsp juice	100
Pineapple, canned, shredded, 1/4 cup	100
Pineapple, fresh, 1 slice, 3/4 inch thick	50
Plums, fresh, two big	55
Prunes, stewed, 4	200
Pumpkin, cooked, 1/2 cup	35
Raisins, seedless, 1 tbsp	25
Raspberries, fresh, 3/4 to 1 cup	65
Rhubarb, stewed and sweetened, 1/2 cup	100
Strawberries, fresh, 1/2 cup	50
Tangerine, 1 average	40
Watermelon, slice, 6 inches diameter 3/4 inch thick	100

Meats

Bacon, 3 crisp strips	95
Bacon, 3 semifried strips	175
Beef, corned, canned, average serving	225
Beef, dried, 4 thin slices	100
Beef, Hamburg steak, broiled, cake 2-1/2 by 7/8 inches	100
Beef loaf, slice, 4 x 6 x 1/8 inch	100
Beef rib roast, lean, average serving	100
Beef rib roast, medium-fat, average serving	340
Beef pot roast, lean, average serving	100
Beefsteak, 1/2 sirloin	235

Meats, (cont.)	*Calories*
Beef stew, 1 cup	250
Bologna sausage, medium, 1/2 inch slice	100
Canadian bacon, 1 slice	70
Frankfurter, 1 large	150
Ham, smoked, lean, boiled, average serving	100
Ham, smoked, medium-fat, average serving	400
Lamb, leg, roasted, average serving	100
Lamb, rib chop, lean only, 1	100
Liver, average serving	120
Pork chop, lean only, 1	200
Pork loin roast, lean, average serving	200
Pork sausage, 1 patty	270
Spareribs, 4 ribs	330
Swiss steak, average serving	320
Tongue, average serving	195
Chicken, creamed, 1/2 cup	160
Chicken, fried, 1 thigh and 1 leg	330
Chicken, roast, 1 thigh and 1 leg	180
Chicken pie, with biscuit, 2/3 cup	500
Chicken salad, with lettuce, 1/2 cup	150
Duck, roast, 1/4 breast and 1 thigh	170
Turkey, average serving	160

Salads

Aspic, 1/2 cup	30
Chef's salad bowl, 1 serving	205
Coleslaw, 1/2 cup, with mayonnaise	55
Coleslaw, 1/2 cup, with vinegar	15
Cottage cheese, 1/2 cup	160
Lettuce, 1/4 head with dressing	150
Perfection salad, 1/2 cup	35
Potato salad, 1/2 cup	200
Waldorf salad, 1/2 cup	240

Salad Dressings and Sauces

Blue cheese dressing, 2 tbsp	150
French dressing, 1 tbsp	65
Hollandaise sauce, 1 tbsp	50
Mayonnaise, 2 tbsp	220
Mayonnaise, reducer's mineral oil, 2 tbsp	12
Russian dressing, 2 tbsp	150
Salad dressing, 2 tbsp	50
Salad oil, 2 tbsp	270
White sauce, 1/4 cup	100

CALORIE CHART

Soups	*Calories*
Asparagus, cream of, 1 cup	120
Bean, 1 cup	235
Bouillon or consomme, 1 cup	25
Celery, cream of, 1 cup	160
Chicken, 1 cup	75
Clam chowder, 1 cup	85
Corn, cream of, 1 cup	155
Mushroom, cream of, 1 cup	125
Oyster stew, 1 cup	225
Pea, cream of, 1 cup	165
Pea, split, 1 cup	165
Potato, 1 cup	200
Spinach, cream of, 1 cup	150
Tomato, cream of, 1 cup	155
Vegetable, 1 cup	90

Vegetables	
Artichoke, French, 1	158
Asparagus, 6 stalks, 5 inches long	15
Beans, green, 1/2 cup, 1 inch pieces	35
Beans, Limas, fresh, 1/2 cup	130
Beans, navy, canned baked, 1/3 cup	100
Beets, 1/2 cup, diced	45
Beet greens, 1/2 cup cooked	35
Broccoli, 2 stalks, 5 inches long	35
Brussel sprouts, 6	50
Cabbage, shredded, 1/2 to 2/3 cup	15
Carrots, 2/3 cup diced or 1 large	45
Cauliflower, 1 cup	30
Celery, 2 stalks, 7 inches long	10
Corn, 1 medium ear or 1/2 cup canned	100
Cucumber, 1/2 medium or 8 slices	7
Lettuce, leaf, 1 large	2
Lettuce, head, 1/5 large head	10
Mushrooms	0
Onions, 2 to 3 small or 1 large	50
Onion, green, 1 medium	10
Parsnip, 1/2 large	85
Peas, canned, drained, 1/2 cup	65
Peas, green, 2/3 cup	100
Potato, sweet, 1 medium	200
Potato, baked, 1 medium	100
Potatoes, creamed, 1/2 cup	100
Potatoes, French-fried, 8	100
Potatoes, hash-browned, 1/2 cup	170
Potatoes, mashed, 1/2 cup	100

Vegetables, (cont.)	*Calories*
Potatoes, scalloped, 1/2 cup	100
Radish, 1 average size	2
Rutabagas, 2/3 cup	40
Sauerkraut, 2/3 cup	25
Spinach, fresh, 1/2 cup cooked	20
Squash, summer, 1/2 cup cooked	20
Squash, winter, 1/2 cup mashed	45
Tomato, fresh, 1 medium or 4 slices	25
Tomato, canned, 1/2 cup	20
Turnip greens, 1/2 cup cooked	30
Turnips, 1/2 cup	35

Miscellaneous

Macaroni and cheese, 1/2 cup	160
Omelet, 1 egg	130
Sandwich, bacon and tomato, 2 slices bread	290
Sandwich, cheese, 2 slices bread	325
Sandwich, ham, 2 slices bread	300
Sandwich, hamburger, 1 bun	390
Sandwich, peanut butter, 2 slices bread	365
Sandwich, Coney Island, 1 roll	325
Spaghetti with meat sauce, 1 cup	290
Spanish rice, 3/4 cup	155
Stew with vegetables, 1 cup	390
Bread stuffing, 1/2 cup	170
Catsup, 1 tbsp	20
Chili sauce, 1 tbsp	25
Gravy, 1/4 cup	75
Rice, 1/2 cup	90
Tomato sauce, 1/4 cup	85

Butter, 1 tbsp or 1 square	110
Corn Syrup, 1 tbsp	85
Honey, strained, 1 tbsp	65
Jam, 1 tbsp	60
Jelly, 1 tbsp	45
Maple syrup, 1 tbsp	50
Marmalade, orange, 1 tbsp	85
Molasses, 1 tbsp	50
Peanut butter, 1 tbsp	105
Olive, green or ripe, 1 medium	15
Potato chips, 12 large	115
Sugar, 1 tbsp	60

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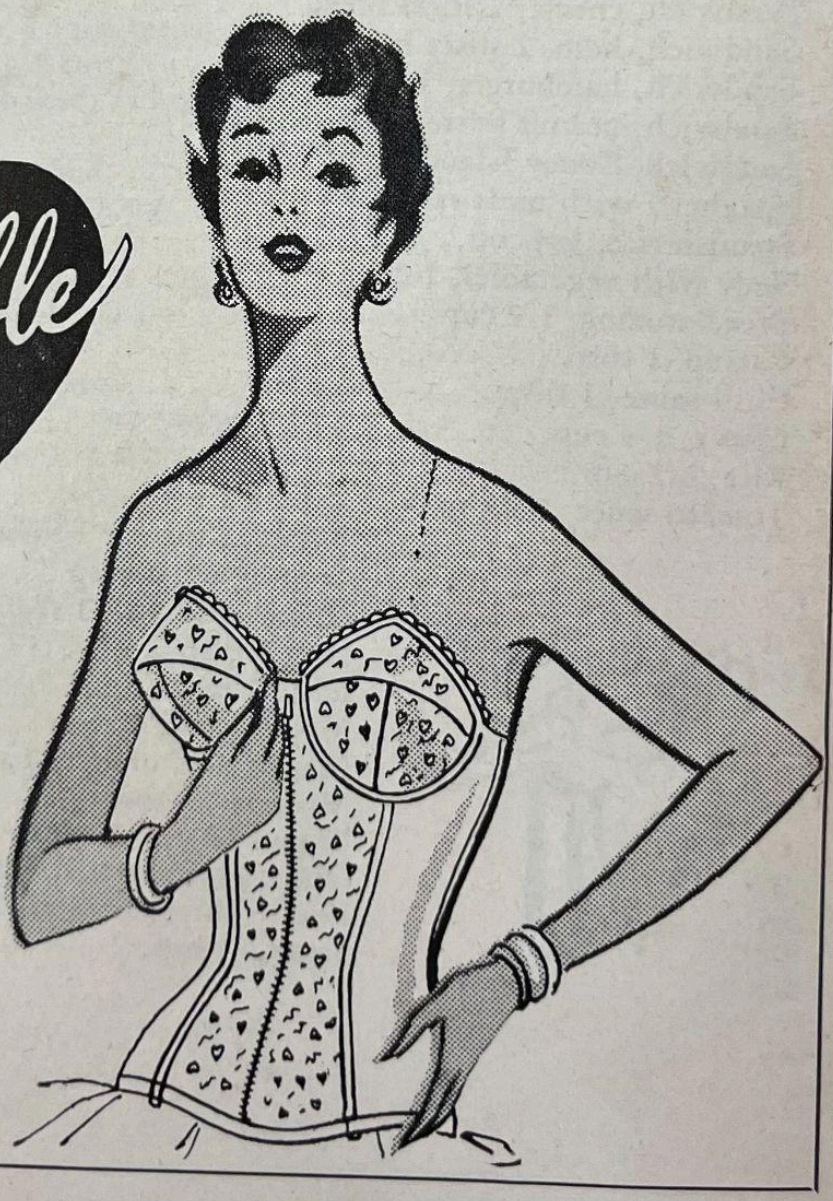

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TABLE OF WEIGHTS AND MEASURES

All measurements should be made level or flat.

1 oz=28 grams

1 lb=16 oz

1 lb=454 grams

1 kilo=2.2 lbs

1 kilo=1000 grams

1 liter=1.08 qts

Dash=less than 1/8 tsp

3 tsp=1 tbsp

4 tbsp=1/4 cup

8 tbsp=1/2 cup

10-2/3 tbsp=2/3 cup

12 tbsp=3/4 cup

16 tbsp=1 cup

1 tbsp cornstarch=2 tbsp flour

1 sq chocolate=1 oz

3-1/2 tbsp cocoa and 1/2 tbsp butter=1 oz or 1 sq chocolate

3-1/4 cups seeded raisins=1 15-oz package

1 cup chopped nuts=1/4 lb

2 tbsp=1 liquid oz

1 cup=1/2 pint

2 cups=1 pint

4 cups=1 quart

4 quarts=1 gallon

8 quarts=1 peck

4 pecks=1 bushel

2-1/3 cups rice=1 lb

1 lemon=3/4 tbsp juice

Grated rind of 1 lemon=1-1/2 tsp

1 orange=6 to 8 tbsp juice

Grated rind of 1 orange=1 tbsp

12 to 14 egg yolks=1 cup

8 to 10 egg whites=1 cup

3 cups seedless raisins=1 15-oz package

2 tbsp fat=1 oz

1/2 cup fat=1/4 lb or one stick

1 cup fat=1/2 lb

2 cups fat=1 lb

1 cup hydrogenated fat and 1/2 tsp salt=1 cup butter

16 marshmallows=1/4 lb

5 cups grated American cheese=1 lb

6-2/3 tbsp cream cheese=1 3-oz package

7 coarsely crumbled salted crackers=1 cup

9 finely crumbled salted crackers=1 cup

2-1/4 cups firmly packed brown sugar=1 lb

1-1/3 cups firmly packed brown sugar=1 cup granulated sugar

3-1/2 cups confectioners' sugar=1 lb

4 cups sifted general-purpose flour =1 lb

4-1/2 cups sifted cake flour=1 lb

1 cup less 2 tbsp sifted general-purpose flour=1 cup sifted cake flour

3-1/2 cups unsifted graham flour =1 lb

3 cups corn meal=1 lb

11 finely crumbled graham crackers=1 cup

20 coarsely crumbled small vanilla wafers=1 cup

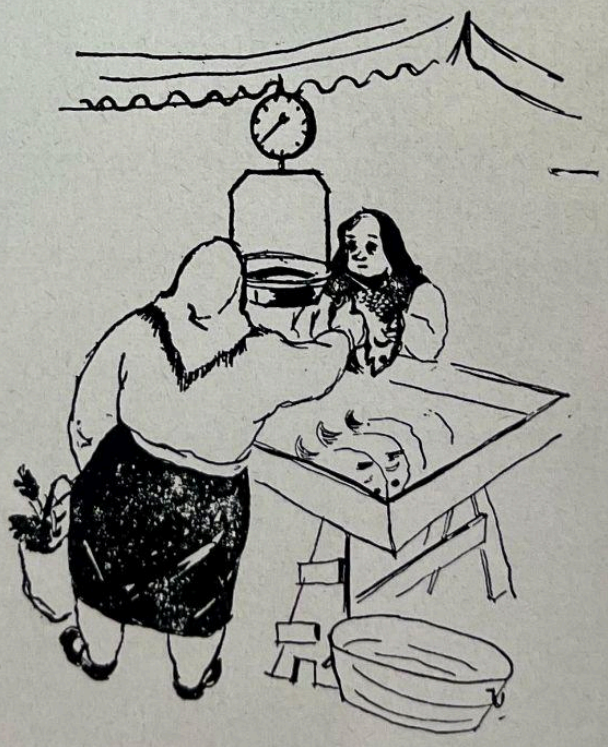
30 finely crumbled small vanilla wafers=1 cup

4 coarsely crumbled zweiback=1 cup

9 finely crumbled zweiback=1 cup

1-1/3 tbsp vinegar or 1-1/2 tbsp lemon juice and sweet milk to make 1 cup=1 cup sour milk

1/2 cup evaporated milk and 1/2 cup water=1 cup milk



DICTIONARY OF COOKERY TERMS

BAKE: To cook by dry heat, usually in the oven. This process is called roasting when applied to meats.

BARBECUE: To roast or broil meat over coals or in oven, often basting with highly seasoned sauce.

BASTE: To moisten foods while baking with melted fat or sauce.

BATTER: A mixture of flour and liquid, usually in combination with other ingredients, thin enough to pour.

BEAT: To make a mixture smooth and introduce air by a brisk regular motion that lifts mixture over and over.

BLANCH: To pour boiling water over food, sometimes cooking a few minutes, and plunging into cold water immediately. Used to whiten or to remove skins as from tomatoes or almonds.

BLEND: To combine very thoroughly two or more ingredients.

BOIL: To cook in boiling water or other liquid in which bubbles rise rapidly and continually so that all of the liquid is agitated.

BRAISING: To sear in hot fat, then cooking, covered, in oven or on stove in small amount of liquid. Usually used for less tender cuts of meat.

BROILING: To cook directly under a red hot heating unit, or over an open fire or grill.

BRUSH: To spread over a surface thinly, as with a brush or finger.

CARMELIZE: To melt sugar slowly over low heat until it becomes a golden brown syrup.

CHILL: To allow to become cold, but not frozen.

CHOP: To cut into pieces with a sharp knife or chopper.

COMBINE: To thoroughly mix unlike ingredients.

CREAM: To work foods until soft and creamy; usually applied to shortening and sugar.

CUBE: To cut into solids of six equal square sides.

CUT: To separate food in pieces with knife or scissors.

CUT IN: To combine fat with dry ingredients using two knives or a pastry blender.

DEVIL: To sharpen flavor of foods by adding spicy seasonings.

DICE: To cut into small cubes.

DISSOLVE: To cause a dry substance to pass into solution in a liquid.

DOT: To place small bits, such as butter, or diced cheese over surface of food.

DREDGE: To coat with flour or other dry ingredients.

FLAKE: To break lightly into small pieces with a fork.

FOLD: To combine ingredients by gently cutting down through mixture with spoon or whip, then turning it across bottom of bowl and bringing it up and over the top, close to the surface.

FRICASSEE: To sear meats in hot fat, then let cook by stewing in gravy.

FRY: To cook in fat. To cook in a small amount of fat is often called to sauté. Cooking in fat which completely covers the food is called deep-fat frying or French-frying.

GARNISH: To decorate with something bright and savory.

GLACE: To coat with a thin sugar syrup that has been cooked to crack stage.

GRIND: To reduce a food to particles by cutting and crushing in a food grinder.

JULIENNE: To cut in long, slender strips.

KNEAD: To manipulate and press dough with the palms of the hands, turning a small amount after each push.

MARINATE: To put food in a French dressing or a mixture of oil and vinegar or lemon juice and letting it stand to season.

MASK: To completely cover food with sauce, jelly or mayonnaise.

MELT: To liquefy by heat.

MINCE: To chop with knife or scissors into very fine pieces.

MIX: To combine two or more ingredients by stirring.

PAN-BROIL: To cook meat on an uncovered hot surface, pouring off fat as it accumulates.

PARE: To cut off outer covering, as potato or apple.

PEEL: To strip off outer covering, as banana or orange.

PIT: To remove pits from fruits.

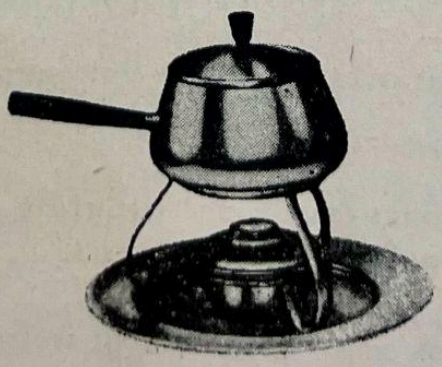
POACH: To cook slowly in hot water or other liquid to cover.

PREHEAT: To heat oven to desired temperature before putting in food.

RENDER: To free fat from connective tissue by heating until fat melts and can be drained off.

ROAST: To cook uncovered, without water, in an oven.

SAUTÉ:	To cook in a small quantity of fat.
SCALD:	To bring liquid to a temperature just below the boiling point.
SCORE:	To make light cuts or lines on outer surface of food.
SEAR:	To brown rapidly at high temperature in skillet or broiler.
SHRED:	To tear or cut into small pieces.
SIFT:	To pass through a sieve.
SIMMER:	To cook at just below the boiling point.
SKEWER:	To fasten meats and other foods with wood or metal pins to hold their shape during cooking.
SLIVER:	To cut or shred into long, thin pieces.
STEAM:	To cook over boiling water, or in a steamer.
STEEP:	To leave in a liquid just below boiling to extract color, flavor, or other qualities.
STEW:	To cook slowly, covered, at low temperature, in small amount of liquid.
STIR:	To mix ingredients, usually with a spoon, with a circular motion until well blended.
TOAST:	To brown by direct heat.
TOSS:	To turn ingredients over lightly with fork and spoon.
WHIP:	To beat rapidly, as eggs, cream or gelatin, to incorporate air and produce expansion.



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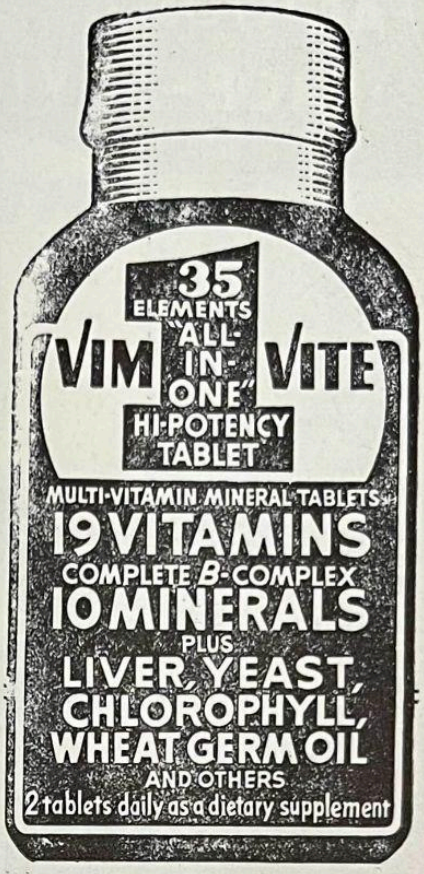

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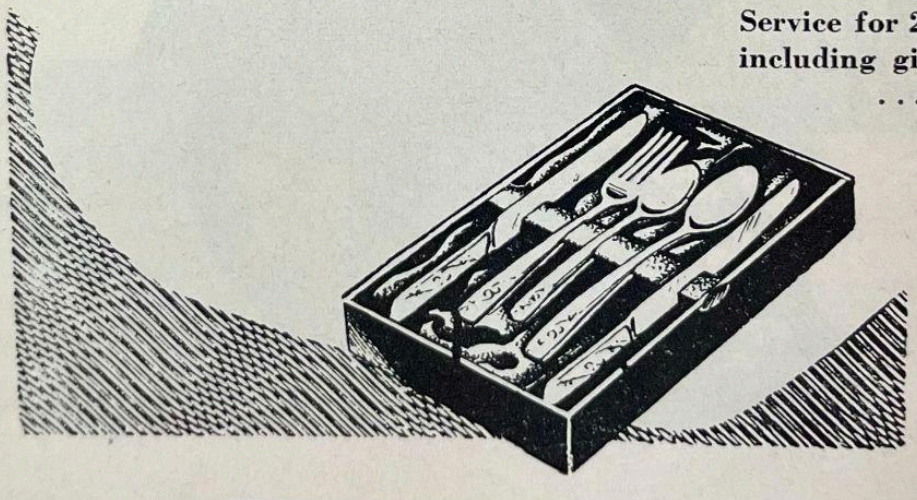

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BROILED GRAPEFRUIT

Israel

Remove core and seeds from grapefruit halves. Loosen each section from the shell and membrane. Sprinkle with white or brown sugar and dot with butter. Broil for 10 or 15 minutes, or until brown. Garnish with a cherry.

Margot Preiss

ENSALADA DE AGUACATE (AVOCADO SALAD)

Columbia

1 avocado, mashed
1 clove garlic, mashed
2 tbsp salad oil
juice of 1/2 lemon
salt, to taste
dash of red pepper

Combine avocado and garlic, add rest of ingredients; mix together until smooth. Serve over crisp lettuce leaves, garnish with chopped parsley.

Katie Malca

PAPRIKA CHEESE ROLL

U.S.A.

1/2 lb sharp Cheddar cheese
1/2 lb pimiento brick cheese
6 oz cream cheese
1/2 tsp tabasco sauce
1 tsp Worcestershire sauce
1 tsp minced onion
1/2 clove garlic, minced
mayonnaise
paprika

Grind cheese, add seasonings, onion and garlic; blend. Add enough mayonnaise so that mixture is easily handled. Shape into 2 rolls and roll in paprika generously sprinkled on waxpaper. Wrap in aluminum foil; freeze immediately.

To serve: Remove rolls from freezer and let stand at room temperature 30 minutes; slice.

Dolores Kraichman

LENTILS PARISIENNE

France

1-1/2 cup cooked lentils, well drained
2 small apples, peeled and cubed
1 medium sized onion, chopped
1 small pickled herring; skinned, boned and cubed
1 tbsp capers
1/2 tsp each chives and parsley
1/2 cup french dressing
1 small clove garlic, minced

Mix all ingredients thoroughly. Chill, stirring occasionally. Yield: About 3-1/2 cups.

Irene Davison

PICKLED EGGS

Germany

6 hardboiled eggs, shelled
1/2 cup vinegar
1/2 cup water
10 peppercorns
1 small onion, sliced
1 chili pepper
1 bay leaf

Mix all ingredients except eggs; boil a few moments. Pour over eggs; chill in a tightly covered jar in refrigerator. Will keep 1 week.

Irene Perl

CHEESE BALLS

Netherlands

7 oz Edam cheese, grated
7 oz flour
7 oz butter
1 egg, separated
pinch of pepper

Mix all ingredients, except egg white, thoroughly. Form into small balls, about the size of a marble. Brush balls with egg white, place on a buttered cookie sheet about 1 inch apart, and bake in a 300° oven until golden brown.

Margot Preiss

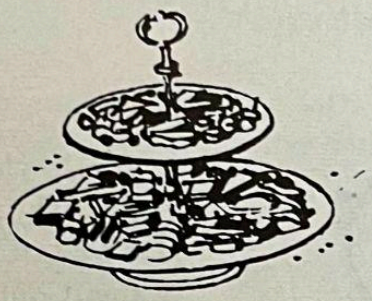
PARMESAN CHEESE PUFFS

Sweden

3 egg whites
1/2 tsp baking powder
2 tbsp flour
1/4 tsp salt
1/4 tsp tabasco
1 cup Parmesan cheese, grated
oil for frying, 1 inch deep in skillet

Beat egg whites until fluffy. Combine baking powder, flour and salt; gradually fold into egg whites, with tabasco and cheese. Drop by teaspoonfuls into hot oil. Cook until golden brown, one or two minutes. Drain on paper towels; dust with paprika. Makes very fluffy and crispy cheese puffs.

Dasha Meadows



LIVER PATÉ

Germany

1 lb calf liver
1 tbsp vinegar
3/4 lb chicken fat
3 tbsp butter
1/3 cup flour
1 cup milk
2 medium onions
8 anchovy fillets
2-1/2 tsp salt
1/4 tsp cloves
1 egg, beaten
1 tbsp fine bread crumbs

Soak liver for 1 hour in cold water with vinegar added. Slice some of the chicken fat very thin and line a 9 x 5 x 3 inch loaf pan with it. Grind remaining fat. Melt butter over low heat, stir in flour, then milk, stirring constantly until thick. Add ground fat and simmer, stirring occasionally. Remove veins from liver and grind it 5 times, with onions and anchovies, and then add to sauce. Mix and press through a medium sieve. Add spices, egg, and bread crumbs, mixing thoroughly. Spread mixture in fat-lined pan, place in pan of hot water and bake in a 325° oven about 1 hour. Cool and chill. Paté will keep 2 to 3 weeks in refrigerator.

Charlotte Goldhagen

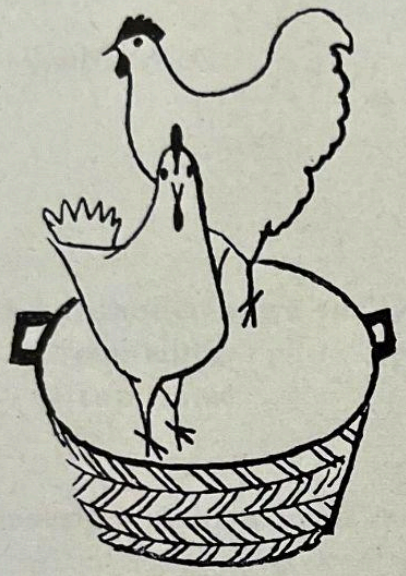
CHICKEN LIVERS

Bulgaria

12 to 15 chicken livers
1/2 lb fresh mushrooms, sliced
1/4 tsp Worcestershire sauce
salt and pepper, to taste
2 tsp sherry
2 oz brandy
butter

Sauté livers and mushrooms in butter about 10 minutes, turning frequently. Remove from heat and add salt, pepper, Worcestershire sauce and sherry. Mix and place over low fire for a few moments; add brandy. Set brandy afire; when flames die out, serve immediately.

Complimentary



CHICKEN LIVER PATÉ

Germany

1/2 kilo chicken livers
3 tbsp chicken fat
1 4-oz can mushrooms
1 small onion, chopped
salt and pepper
lemon juice

Sauté onion and mushrooms in hot chicken fat; add chicken livers and sauté until liver is tender. Remove from fat and grind liver mixture twice. Put back into fat and mix to a smooth paste. Add salt, pepper and lemon juice, to taste.

Margot Preiss

SHRIMP LUMPIA

Philippines

Wash, shell and remove black veins from one kilo of raw shrimps (use medium sized shrimps). Grind; add a medium sized finely minced onion and a generous amount of finely chopped parsley or kinchay. Beat four eggs well, stir into shrimp mixture. Separate lumpia wrappers and brush with shortening. Place a tablespoon of the shrimp mixture on each wrapper and roll up tightly, making sure the edges are folded over so that nothing will leak out. Fry in deep hot fat. Drain on absorbent paper and serve with hot chile sauce.

Gertrude Oestreicher

PIROSHKY

Russia

Filling:

1 kilo ground beef
1 medium sized onion, minced
1 bouillon cube
2 tbsp shortening
salt and pepper, to taste
6 hard boiled eggs, minced

Sauté onion in shortening, add meat and bouillon cube, salt and pepper. Brown meat, remove from fire and mix in eggs. Cool.

Dough:

2 tbsp dry yeast
1/4 cup warm water
2 cups milk
1/2 cup shortening
1/2 cup sugar
1 tbsp salt
2 eggs, beaten
7 cups flour

Scald milk, add shortening, sugar and salt, stir until smooth. Let cool until lukewarm; add eggs, and yeast that has been dissolved in warm water; mix thoroughly. Add 3 cups flour and beat (with spoon) for 5 minutes. Stir in remaining flour gradually; dough should be soft. Knead until smooth, place in greased bowl, cover with a cloth and let rise in a warm place until double in bulk. Roll dough out on a floured board; cut in squares and place meat mixture on each one. Fold squares over, to shape ovals, and press edges together firmly. Let rise 30 minutes, then fry in deep hot oil until evenly browned. Serve immediately.

Lolita Swiryn

LEBERHAECKERLE (CHOPPED LIVER)

Austria

3/4 lb calf or beef liver
2 hard boiled eggs, chopped
2 medium sized onions, chopped
1/2 cup melted fat (goose or chicken)
salt and pepper, to taste

Boil liver, whole, for 20 to 30 minutes. Cool; grind with the onions and eggs. Mix well, add fat, salt and pepper, mix again.

Ruth Geoffey

FALAFEL

Israel

1 can broad-beans (Fava), or 1 can chick peas, or a combination of both
2 slices white bread
1 tbsp flour
2 cloves garlic, minced
salt, to taste
1/2 tsp coriander

Drain and shell beans; grind with bread. Mix well with rest of ingredients; grind again. Form into small patties; fry in deep hot oil until golden brown. Best served with pitta (Israeli bread), salad, and tabasco.

Helena Bernstein

HERRING SALAD

Germany

6 salt herring
4 stalks celery
2 green apples
3 eggs, hardboiled
1/2 lb veal, boiled
1 large dill pickle
2 red beets, cooked
4 medium onions
1 cup mayonnaise
6 tbsp vinegar
1/2 tsp pepper
1/2 tsp sugar
2 tbsp capers

Clean and fillet herring. Cut herring and rest of ingredients into narrow strips; add spices and mayonnaise and mix thoroughly. Chill in refrigerator overnight.

Charlotte Goldhagen

DAG KAZUZ (CHOPPED HERRING)

Israel

1 large salt herring
2 hard boiled eggs
1 large apple, pared
1 small onion
2 tbsp vinegar or lemon juice
2 tbsp salad oil
2 tbsp sugar, to taste
2 tbsp bread crumbs
1/2 tsp pepper

Soak herring in water for a few hours, fillet it and grind with rest of ingredients, the bread crumbs last. Add seasonings, mix well, chill in refrigerator.

Serve as an appetizer, or as sandwich or canapé spread. Mayonnaise may be added, but then less oil should be used.

Dina Thischby

HERRINGSHAECKERLE (CHOPPED HERRING)

Austria

1 medium sized jar of herring fillets or rollmops
2 to 3 green apples, pared and sliced
2 eggs, hard boiled and chopped
1 tsp sugar

Skin herring fillets or rollmops. Grind together with apples and eggs. Mix well and add sugar.

Ruth Geoffey

BRATHERRING (FRIED SOUR HERRING)

Germany

Use medium sized tamban (sardines), about 15 to 20 fish to a kilo. Clean fish well, leaving head and bones intact. Salt, according to taste, and roll in flour. Fry in deep oil until brown and very crisp. Dry on paper towels. Place herring in a flat container, cover with onion rings, 2 bay leaves and a few peppercorns. Boil together equal parts of vinegar and water; cool and pour over herring. This will keep for several weeks in refrigerator.

Gerda Lester

MARINATED HERRING

Germany

1 kilo tamban (sardines)
coarse salt
1 can evaporated milk
4 to 6 tbsp French vinegar
1 to 2 large onions
1/2 cup vinegar

Use large tamban, 10 to 12 pieces per kilo. Clean fish well, but do not remove bones or head. Sprinkle liberally with salt and keep, well covered, in refrigerator for at least 3 weeks.

Wash salt off and soak fish 2 hours in water—fish must not be too salty. Remove fish from water, fillet, and dry with paper towels.

Marinade: Mix milk with French vinegar and let stand to thicken and sour. Slice onions and cook for a few moments in vinegar, cool; mix with milk.

Place a little marinade in a container, add a layer of herring, cover with marinade; continue alternating layers of herring and marinade, ending with marinade. Chill in refrigerator; serve cold.

Note: The tamban may be kept in salt brine as long as 2 months.

Gerda Lester

ROLLMOPS

Germany

Prepare tamban (sardines) as in recipe for Marinated Herring (above), using smaller fish, 20 to 25 to a kilo, and keeping the fish in the salt brine 8 to 10 days only. Fillet and dry the fish, put a slice of dill pickle and a slice of onion on each, roll and fasten with a toothpick. Cover rollmops with a dressing made of 1 pint Miracle Salad Dressing mixed with 2 to 3 tbsp mustard seeds. Chill overnight. Will keep a few weeks in refrigerator.

Gerda Lester

HERRING MARINATED IN OIL

Prepare tamban as in recipe for "Marinated Herring". (Page 26) After filleting and drying the herring, cut each fillet into 3 or 4 pieces. Place in jars alternately with slices of fresh onions. Cover completely with Mazola or Wesson oil. Chill in refrigerator overnight. Will keep one week.

Gerda Lester

KOSHER DILL PICKLES

Russia

Soak cucumbers overnight in cold water. Fill quart size jars with cucumbers: To each jar add 1 tbsp salt, 3 cloves garlic, 1 tbsp dill seeds, 1 hot pepper, and a few grape or cabbage leaves, and enough water to cover cucumbers.

Screw cap on tightly. Ferment for 3 or 4 days, then place in refrigerator.

Katie Nigel

CHATSILIM KVUSHIM (PICKLED EGGPLANTS)

Israel

10 small young eggplants
5 cloves garlic
1 cup vinegar
1 hot chili pepper
10 peppercorns
5 bay leaves
1 tsp sugar
salt

Boil eggplants in salted water for 5 minutes; drain. Cut the garlic into small pieces and insert in eggplants, then place eggplants in a jar. Combine rest of ingredients, bring to a boil, pour over eggplants. Cover jar and let stand for 24 hours at room temperature. Store in refrigerator. Will keep about 10-12 days.

Dina Thischby

PICKLED CANTALOUPE

Russia

Dice cantaloupe; bring to the boiling point in salted water, using 1 tsp salt for every quart of water. Drain fruit, measure, and place in jars.

To every cup of cantaloupe use 1/4 cup brown sugar, 1/4 cup vinegar, 1 tsp whole cloves and 1 tsp whole cinnamon. Boil these together for 5 minutes, then pour over cantaloupe; seal jars.

Note: Any similar fruit may be used.

Katie Nigel

MACKDOUS (EGGPLANTS PICKLED IN OLIVE OIL)

Lebanon

6 lbs very small eggplants
1 2 lb shelled walnuts
3 or 4 cloves garlic
olive oil

Remove stems carefully from eggplants, leaving eggplants intact. Boil about 5 to 10 minutes or until slightly tender. Weigh down with plate while boiling so that eggplants stay under water. Do *not* overcook. Drain, then spread out on towel overnight.

Dry eggplants very well. Grind walnuts and garlic together, season with salt. Make a lengthwise slit in eggplants, but do not cut through. Stuff with the walnut mixture. Place in jars; pack tightly, slit side up. Cover with olive oil, then cover jar tightly. Let stand 2 to 3 weeks before using.

To serve: Remove desired amount from jar, drain for a few moments, then add lemon juice.

Complimentary

PICKLES

Syria

CUCUMBERS: Fill jar with gherkins or firm cucumbers, cover with vinegar and boiled water, using 1/3 vinegar to 2/3 water. Add 1/4 cup salt to every quart of liquid used, 1 clove garlic (optional), and 1/8 tsp red powdered pepper or 10 small red chili peppers. Cover jar, shake, let stand 3 to 4 days in a warm place to ferment. Place in refrigerator; will keep about 2 weeks.

CAULIFLOWER: Separate flowerettes, boil for 2 minutes, place in jar and follow same method as for cucumbers, adding a beet cut in half for color.

CABBAGE: Boil for 2 minutes, separate leaves and roll, place in jar and follow same method as for cauliflower.

GREEN PEPPER: Cut in strips and remove seeds. Place in jar with some shredded cabbage added, then follow same method as for cucumbers, omitting red pepper and garlic. Pour a little oil on top after shaking.

Julia Picciotto

SCHMORGURKEN (SWEET SOUR CUCUMBER PICKLES)

Germany

2 firm cucumbers
1/2 cup coarse salt
2/3 cup vinegar
1-1/3 cup water
2 heaping tbsp sugar
6 whole cloves

Peel cucumbers, cut in halves lengthwise and remove seeds. Cut cucumbers into 1 inch cubes. Cover with salt and let stand about 1 hour, then wash off the salt and drain very well. Mix vinegar, water and sugar, add the cucumbers and cloves (wrapped in a cheesecloth to prevent black stains on pickles), and bring to a boil. Simmer for a short time until cucumbers become transparent but are still crisp. Cool; place in refrigerator.

Variation: Use squash instead of cucumber.

Gertrude Oestreicher

SENFGURKEN (MUSTARD PICKLES)

Germany

2 large firm white cucumbers
4 to 6 tbsp coarse salt
2 cups vinegar
2 onions, sliced
2 bay leaves
1 tsp mustard seed
1 tbsp pickling spices

Peel cucumbers and remove seeds, slice lengthwise and salt thoroughly. Keep in refrigerator, well covered, for 3 to 4 days. Drain, place in jars alternately with onions and seasonings. Boil vinegar; cool, pour over cucumbers. Cover jars, place in refrigerator for 1 or 2 days before using.

Gerda Brauer

CURRIED MANGO PICKLES

India

It is important to use very green mangoes so that they are completely white inside without the slightest yellowish tinge.

Wash mangoes and separate from seed in halves cut lengthwise. Place in a jar, filling it almost to the top. Combine enough water and vinegar to fill jar, using 1/2 vinegar to 1/2 water. Add 1/2 cup coarse salt for every quart of liquid used. Cover jar tightly and let stand at room temperature 3 to 4 days until mangoes change color. Open jar and remove more than half the liquid; set aside. Heat 1/2 cup oil in a large frying pan and fry 1/4 cup curry powder, then stir in 2 tbsp crushed whole black peppercorns. Pour over the mangoes, cover jar and shake well. Uncover jar and pour back enough of the liquid that was removed so that mangoes are completely covered. Pour 1/2 inch oil on top of vinegar solution, cover jar tightly (do not shake) and let stand at room temperature about 2 months. Will then be ready to use; keeps indefinitely. Before serving, cool desired amount in refrigerator.

Ruth Greenfield

TOMATO CHUTNEY

India

2 doz ripe tomatoes, minced
6 large onions, minced
8 small red chili peppers, minced
4 cups vinegar
2 cups raisins
3 cups brown sugar
2 tbsp salt
2 tbsp fresh ginger, chopped
2 tbsp cinnamon
1 tsp cloves
1 2 tbsp dry mustard

Mix all ingredients, bring to a boil and simmer about 2-1/2 hours. Cool; seal in preserve jars.

Dolores Kraichman

KOSHER DILL PICKLES

Germany

1 kilo medium sized firm cucumbers
2 stalks celery with leaves, or kinchay
2 stalks dried dill or 1 tsp dill seeds
1-1/2 tsp peppercorns
2 hot chili peppers
1 tbsp salt
5 bay leaves
1 cup vinegar
1 cup water

Mix vinegar and water and add all spices and seasonings. Bring to a boil; after a few minutes add the cucumbers and take off the fire. Let cool and then arrange in jars and close well. Store in refrigerator—may be used after 3 days. Pickles can be kept for 2 to 3 weeks.

Margot Nathan

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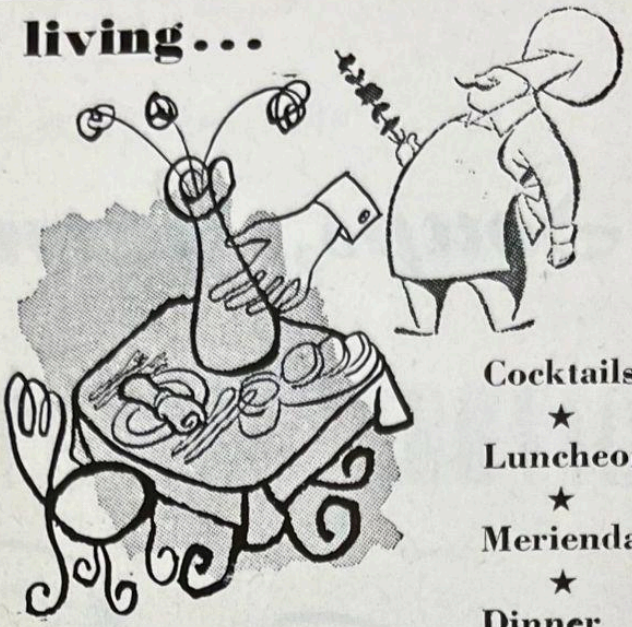

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WINE SOUP

Israel

6 cups water
1 bottle red, or white, wine
4 tbsp flour
7 tbsp sugar
4 peppercorns
4 cloves
2 eggs, separated
juice of 1 lemon
salt, to taste

Boil together: Water, wine, 2 tbsp sugar, salt, and the peppercorns and cloves (tied in a piece of cloth). Add a little water to the flour and mix until smooth; add gradually to the soup, stirring constantly. Remove from fire; take out the cloves and peppercorns. Beat egg yolks with 2 tbsp sugar and lemon juice; add the soup slowly, mixing thoroughly. Bring to a boil, stir, making sure soup is smooth.

Beat the egg whites with the remaining sugar; drop by teaspoonfuls into the boiling soup. Remove from fire. Chill. Serve very cold.

Ziona Golan

SOUPE A L'OIGNON (ONION SOUP)

France

2 tbsp butter
10 large onions, sliced
2 qts hot water
1 bouillon cube
1 tsp salt
1/2 tsp pepper
6 slices french bread, cut in halves
1/4 cup grated dry cheese; extra cheese for serving
butter

Melt the butter and sauté the onions lightly in a flameproof 3 qt soup casserole; add water, bouillon cube, salt and pepper. Cover and simmer for one hour. Toast and butter the bread and sprinkle it thickly with grated cheese. Uncover the soup and stir well. Arrange the toast on top of the soup and place the casserole in the oven (375°) until the cheese browns slightly. Serve at once from the casserole. Pass a bowl of grated cheese. Serves 6.

Essie Goldenberg

ESAU'S POTTAGE (SOUR LENTIL SOUP)

Syria

1 cup split pink lentils
5-1/2 cups water
1/3 cup flour
juice of 2 lemons
1/2 tbsp salt
3 tbsp oil
2 cloves garlic, crushed (optional)
1 tsp coriander
cumin and red pepper

Add 3 cups water to lentils; bring to a boil, lower flame and simmer for 10 minutes. Mix flour with a little water to make a smooth paste; gradually add remaining water, stirring constantly, then add to lentils. Mix in lemon juice and salt; continue stirring, over high fire, until mixture comes to a boil. Lower flame, cover, and cook for 20 minutes, stirring occasionally. Brown garlic in hot oil, add coriander and fry together for another minute. Pour into soup; mix thoroughly and simmer a few moments longer. Season with cumin and pepper according to individual taste.

Julia Picciotto

LENTIL SOUP

Germany

1 lb lentils
3 tbsp butter
2 medium onions, chopped
2 medium potatoes, diced
1/2 lb hard salami, diced
8 to 10 frankfurters
2 stalks celery
1 large carrot
2 quarts water
3 bouillon cubes
salt and pepper
vinegar, optional

Fry the onions in butter until golden brown, then add the lentils, water, celery, carrot, potatoes and salami. Bring to a boil and let simmer for 2 to 3 hours, or until lentils are soft. Add bouillon cubes and season to taste. About 10 minutes before serving the soup, add the frankfurters and simmer. Adding 2 to 4 tbsp of vinegar to the soup just before serving improves the flavor. Add a frankfurter, whole or sliced, to each plate of soup.

Margot Nathan

POTATO SOUP

Germany

1/2 kilo potatoes
1 celery stalk, sliced
2 leek stalks, sliced
1 carrot, cubed
1 tomato, skinned
2 tbsp chopped onions
butter or oil
1/2 tsp flour
1 tbsp chopped parsley
salt and pepper
croutons

Peel and cube potatoes; add celery, leeks, carrot, tomato, salt and pepper, and enough water to cover. Simmer until all ingredients are thoroughly cooked, then rub through a sieve. Brown onions in butter or oil, add flour and slowly stir in the potato soup. Add parsley. Serve soup with croutons.

If desired, frankfurters may be heated, and served, in the soup.

Gertrude Oestreicher

LEEK AND POTATO SOUP

Germany

2 tbsp butter
1 kilo leeks
2 large potatoes
1 can consommé
about 2 cups water
salt and pepper

Add finely sliced leeks and diced potatoes to melted butter and cook, covered, for about 20 minutes, stirring occasionally. Add consommé and water and simmer until vegetables are very soft, mashing them a little with a wooden spoon. Salt and pepper to taste.

Margot Nathan

BOUILLABAISSE

France

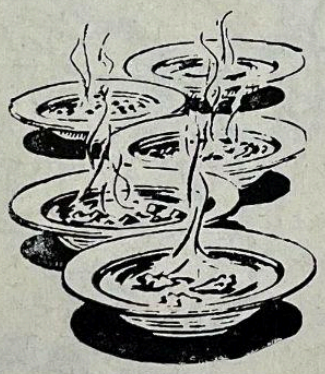
1 lobster
3 large crabs
1-1/2 lbs bass
3 lbs red snapper or mackerel
1-1/2 kilo shrimps
2 cans clams
1/2 cup chopped carrot
4 leeks, chopped
3/4 cup chopped onion
1/2 cup olive oil
3 cups canned tomatoes
4 cloves garlic, minced
2 tbsp chopped parsley
2 tbsp chopped fennel
1/2 tsp saffron
1 bay leaf, crumbled
1/2 tsp thyme
1 tbsp salt
black pepper, to taste

Boil crabs and lobster in 2 qts water about 10 minutes. Shell crabs and lobster and slice. Set water aside. Cut bass and snapper in 1-inch slices.

Sauté carrot, leeks and onion in oil for 10 minutes, using a large pot. Add tomatoes, garlic and other seasonings, and the water from crabs, lobster, and clams. Bring to a boil, reduce heat and simmer for 15 minutes. Add bass and snapper, cook for 10 minutes, then add shrimp, clams, crabs, and lobster, and continue cooking another 20 minutes.

Serve with garlic bread.

Corinne Stoll



SAUERKRAUT SOUP

Hungary

1 large can sauerkraut
2 medium potatoes
1 small onion
1/4 tsp caraway seeds
pinch of paprika
1 can consommé
2 frankfurters
butter

Fry finely minced onion in butter until yellow, then simmer five minutes longer. Slightly squeeze sauerkraut, cut a little, and add to onions; also add caraway seeds and paprika and cook together about ten minutes. Boil the finely cubed potatoes in salted water until done and add to sauerkraut mixture. Add consommé and, if necessary, some additional water. Mix in sliced frankfurters and cook a few minutes longer.

Helen Frieder

VEGETABLE BORSCH

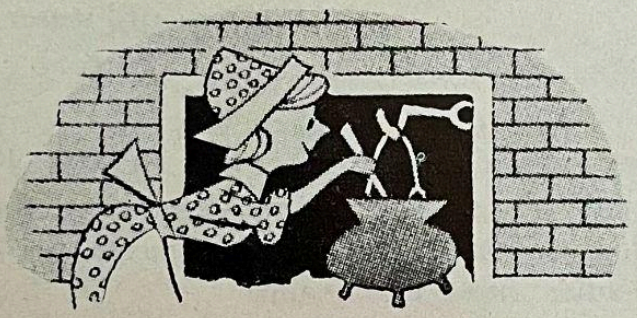
Russia

1 kilo brisket
2 qts water
2 large onions
1 small cabbage
2 carrots
1 or 2 potatoes
2 or 3 stalks celery
1 can whole tomatoes
1 tbsp sugar
salt and pepper, to taste
1 to 2 handfuls stringbeans

Cube meat; add to water. Cook until meat is tender and about 2/3 of water remains. Mince vegetables and add to meat; continue cooking until vegetables are done. Add tomatoes, sugar, salt and pepper. Simmer about 30 minutes.

Note: If desired, 1 bottle of catsup may be substituted for tomatoes.

Ann Levine



SCHWAEMMCHEN (DUMPLINGS)

Germany

1 tbsp butter
1 egg
3 to 4 tbsp flour
1/4 tsp baking powder
salt, pepper, nutmeg to taste

Melt the butter in a frying pan; take pan off the fire and let butter cool. Add the egg and beat together very well. Then add enough flour to make a batter of thin pancake consistency; then add baking powder, salt, pepper and nutmeg, to taste. Drop batter by small spoonfuls into boiling beef or chicken broth—let simmer about 20 minutes. Serve in hot broth, adding finely chopped parsley, if desired.

Margot Nathan

KNADLACH (DUMPLINGS FOR SOUP)

Germany

4 eggs
5 tbsp matzo meal
1/2 tsp salt

Fold beaten egg yolks into stiffly beaten egg whites. Add salt, then slowly fold into matzo meal. Chill mixture for 3 hours. Wet hands, form batter into plum sized balls and drop into rapidly boiling chicken soup. Lower flame and simmer knadlach in soup about 45 minutes.

Ruth Geoffey

KNAIDLACH

Russia

1 cup matzo meal
3 eggs
1 tsp baking soda
2 tbsp chicken fat or butter
1 cup cold water
salt, to taste

Add all ingredients to matzo meal; beat lightly. Form balls with hands dipped in cold water. Boil balls in chicken broth for approximately 10 minutes. If desired, dough may be kept in freezer 3 or 4 hours and then dropped by spoonfuls into boiling soup.

Ann Levine

KNADELS (MATZO BALLS)

Poland

2 eggs, separated
3 to 4 tbsp matzo meal
2 tbsp chicken fat
pinch of salt
finely chopped parsley

Add chicken fat and salt to beaten egg yolks; add the stiffly beaten egg whites, the matzo meal and parsley; mix. Form into walnut sized balls. Moisten hands with fat as you roll the dough. Drop the balls into salted water, or soup, that has come to a boil. Cook 20 to 30 minutes, covered.

Rose Wilson

KREPLACH

Israel

1 onion, minced
2 tbsp oil
1-1/4 cup cooked meat, chopped
3/4 cup cooked liver, chopped
2 egg yolks
salt and pepper, to taste

Fry onion in oil until golden brown. Combine meat and liver, add the egg yolks, onion with the oil it was fried in, salt and pepper, and mix.

Dough: 2 cups flour
2 eggs
3 to 4 tsp cold water
dash of salt

Beat eggs, add rest of ingredients and knead thoroughly. Roll out dough 1/3 inch thick on a floured board; cut with a glass. Put some of the meat mixture on each piece of dough, fold over and pinch edges together firmly. Drop into boiling soup, a few at a time. As they rise, add more, and when they have all risen to the top, reduce heat and cook about 20 minutes longer.

Variations: a) Kreplach may be boiled in salted water instead of soup, then drained and browned in fat. Serve hot. b) Instead of meat, same dough may be filled with cottage cheese, seasoned to taste.

Dina Thischby

KREPLACH

Russia

2 cups flour
2 eggs
1 tsp baking powder
1/2 tsp salt
1/2 kilo ground beef
1 onion, chopped
chicken fat
salt and pepper, to taste
water, as needed

Sprinkle meat with salt and pepper; fry with onion in chicken fat. Knead together first 5 ingredients; roll out dough and cut in squares. Place a little meat in each square; fold dough over to form triangles and pinch around edge. Boil in soup or use for ravioli.

Nice to keep a quantity of kreplach in freezer for use at any time.

Ann Levine

RED HORSERADISH

Poland

1 small can diced beets
1 medium sized jar liquid horseradish
sugar, to taste

Mash beets thoroughly; drain. Mix equal amounts of beets and horseradish; add sugar. Place in jar, cover, and chill. Good served with gefilte fish, boiled or corned beef.

Ruth Geoffey

HORSERADISH SAUCE

Germany

2 tsp butter, melted
1 tbsp flour
1 cup beef broth
2 to 4 tbsp horseradish
1 tsp salt
pinch of sugar

Add flour to butter, mix thoroughly, slowly add broth. Mix in horseradish, salt and sugar and boil for a few moments, stirring constantly. Serve with boiled beef.

Gerda Brauer

BEDA IB LEMUNÉ (SOUR SAUCE)

Syria

2 cups chicken broth
2 eggs
salt, to taste (1/2 to 1 tsp)
1 tsp (heaping) flour
juice of 2 lemons, or 1/2 can lemon juice

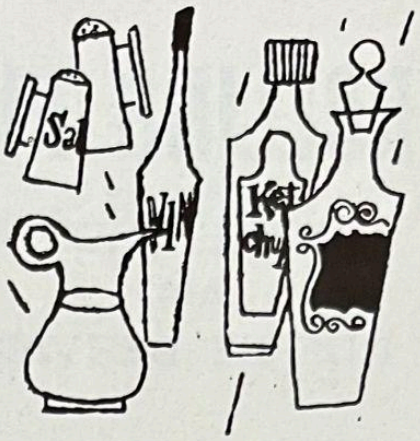
Combine eggs, juice, salt, and chicken broth, beat very well. Mix flour with a little water to form a smooth paste, add to chicken broth, beat thoroughly. Bring to a boil, stirring constantly, then lower flame and simmer about 15 to 20 minutes or until slightly thickened, stirring occasionally. Remove from fire, cool, refrigerate.

Serve cold, with rice, meats, fish, vegetables.

Katie Malca

SAUCE TARTARE

France



2 tbsp finely chopped cucumber pickles
1 tbsp capers
1/2 tbsp very finely chopped onion
1/2 tbsp very finely chopped parsley
1/2 tsp dry mustard
2 tbsp lemon or calamansi juice
salt and pepper, to taste
pinch of sugar
1 cup homemade mayonnaise

Mix all ingredients together; chill. Serve with boiled fish, fried fish or roastbeef.

Tina Frieder

TAMARIND SAUCE

Syria

1 kilo very ripe tamarind
1/2 kilo sugar

Shell tamarind and soak in water overnight. Squeeze through net or mesh cloth, adding a little water while squeezing, until only the seeds and pulp remain in cloth. Simmer the squeezed tamarind until reduced to half. Add sugar and simmer 30 minutes longer. Cool; place in jars and refrigerate. Use with meats and salads for sweet-sour taste.

Grace Haber

WINE SAUCE

Germany

5 egg yolks
5 tbsp sugar
juice and rind of 1 lemon
1 cup white wine

In top of double boiler mix egg yolks with sugar, lemon juice and rind and beat until thick. Slowly add wine and beat with wire whisk until mixture rises. Take from fire, cool pot over cold water, beating all the time, and changing the cold water below a few times. Chill sauce in refrigerator and serve with noodle or matzoth pudding, or any other dessert.

Margot Nathan

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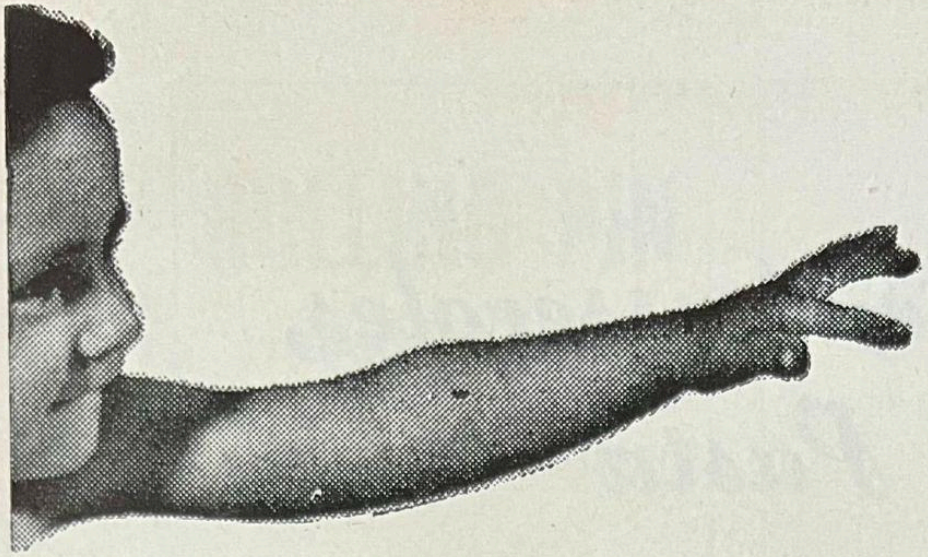
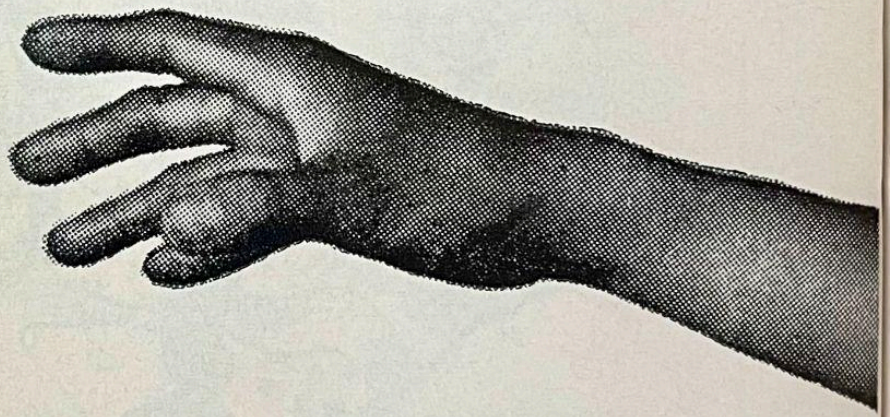


Young and old alike – reach for BEAR BRAND *Natural Swiss* MILK



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LABAN (YOGURT)

Syria

2 large size cans Bear Brand milk
1 8-oz jar yogurt (Magnolia)

To make yogurt for the first time: Scald milk; do not boil. Remove from fire and cool to lukewarm. Add Magnolia yogurt, mix thoroughly. Let stand at room temperature overnight. Pour into cheesecloth, place in bowl, in refrigerator, for 2 hours. Lift cheesecloth out of bowl and discard the water that has accumulated. Turn yogurt out of cloth. Will keep in refrigerator about 10 days.

To make again, just add 4 oz of the homemade yogurt to each can of Bear Brand milk (room temperature), mix thoroughly, cover, and let stand about 24 hours. Refrigerate. Ready to use when chilled. If laban is not as thick as you would like, place a napkin on it, changing napkin every day. This will dry the laban and make it thicker. You can continue making laban in this manner indefinitely—just remember to keep 4 oz to use as a starter everytime you want to make it.

Very refreshing on a hot day with salt, chopped cucumber, and dried peppermint leaves added.

Sylvia Braka

QUICK WHITE CHEESE

Syria

1 qt fresh milk **1 junket tablet**

Scald milk; do *not* boil. Remove from fire. Mash tablet into powder. Add to milk, stir for a few minutes. Cover tightly, let stand for 10 minutes —it will then be jelled. Mix gently, then place on low fire for a few minutes until water turns yellowish. Pour into a fine sieve and drain for a minute or two. Lift out with hands and squeeze carefully. Place in a cup or small bowl (cheese will take on shape of container used), refrigerate. When chilled, sprinkle salt over cheese—it is then ready to be used.

With this method, cheese will keep (refrigerated) only 4 to 5 days.

Sylvia Braka

NALESNIKI (PANCAKES)

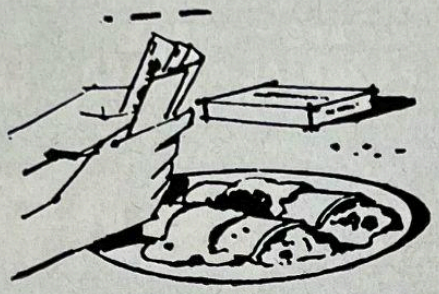
Poland

1-1/2 cup milk
1 cup water, scant
3 cups flour
1/4 tsp yeast
1/4 tsp salt
2 tbsp clarified butter
4 tbsp sugar (optional)
4 eggs, separated
1 tbsp vodka or brandy
butter for frying

Mix flour and egg yolks, add clarified butter and yeast, sugar only if pancakes are to be filled with jam, and mix. Slowly add rest of ingredients, except egg whites; mix thoroughly and refrigerate overnight. Add stiffly beaten egg whites and fry pancakes in butter.

Fill pancakes with strawberry jam, cooked meat or grated cheese. Roll pancakes, folding sides in, and fry in butter again. Serve hot.

Helen Beck



KRUCHIT GWINA (PANCAKES WITH CHEESE)

Israel

Dough:
1 egg
1/4 cup milk
oil for frying
3 tbsp flour
pinch of salt
some water

Mix all ingredients, except oil, to make a thin pancake batter. Brush hot frying pan with oil, pour enough batter in to make very thin pancakes. Fry pancakes on one side only, then stack on a warmed plate, fried side down.

Filling:
6 oz cream cheese
1/4 cup sugar
1/2 tsp vanilla extract
raisins (optional)

Rub cream cheese through a sieve, add sugar and vanilla; beat until creamy. Place a spoonful of mixture on each pancake, on fried side; roll and turn sides in securely. Fry pancakes for a few moments, covered, in small amount of hot oil over medium fire. Serve hot.

Variation: Use ground meat mixture or mushrooms instead of cheese filling. Serve as a luncheon dish.

Ziona Golan

THE BEST CHEESE BLINTZES

Roumania

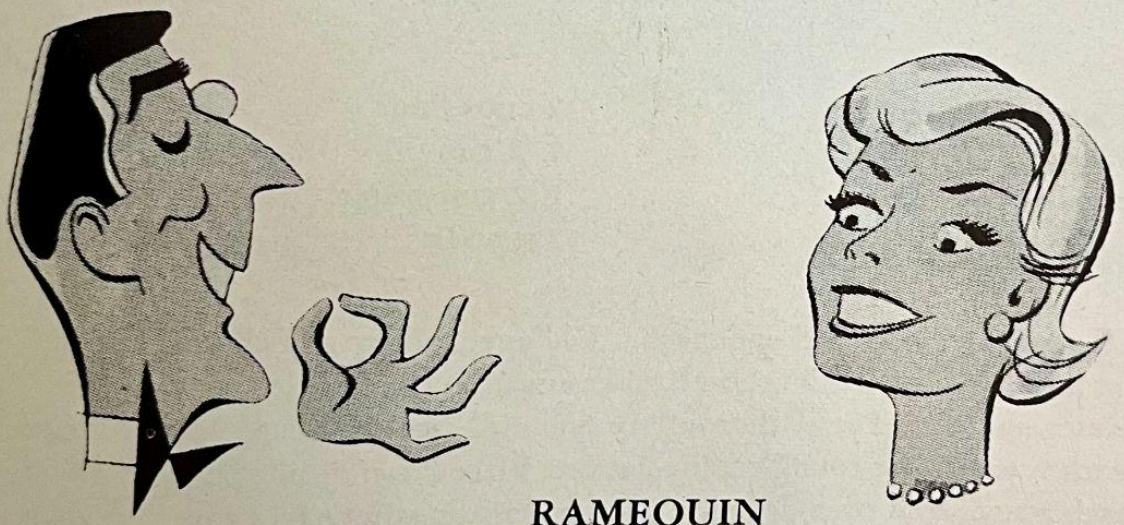
Pancakes: 3 eggs
1 cup flour
1 cup water, plus a little more

Beat ingredients together until smooth; let bubbles subside. Butter pan very lightly (use a piece of paper). Make pancakes as thin as possible, cooking over low flame—turn over on second side for just a few seconds. One large cooking spoonful is enough batter for one pancake. Pancakes should *not* be crisp—pan should be kept at even temperature. Stack pancakes on a plate.

Filling: 1 lb cottage cheese (squeeze out water)
1 egg yolk
1/3 cup sugar
juice of 1/2 lemon or dayap
1 tsp vanilla
pinch of salt

Fill each pancake with 1 heaping tablespoonful of cheese mixture. Fold over once, tuck in sides, fold over again. Set blintzes on waxed paper until ready to use—can be stored in refrigerator or freezer. Just before serving, fry in butter; brown both sides. Fry evenly so that they are crisp and succulent. Makes 12 pancakes.

Corinne Stoll



RAMEQUIN

Switzerland

8 slices of white bread
8 slices cheese
2 eggs
2 cups milk
salt and pepper
nutmeg

Spread bread in buttered pyrex dish and cover with cheese. Mix rest of ingredients and pour over bread and cheese. Bake in 350 degree oven for 30 to 40 minutes. Serves four.

Margot Preiss

CHEESE RAVIOLI WITH NOODLES

Syria

1 cup flour
2 eggs
water, if necessary
1 cup cheese, grated
1-1/2 tbsp cottage cheese
1 egg
8 oz noodles

Mix first 3 ingredients, roll out dough very thin, cut with round cookie cutter. Combine cheese, cottage cheese, and egg to make filling. Place about a teaspoonful of filling on each piece of dough, fold over to form half-moons, and press edges firmly together. Boil in 3 qts water with 2 tbsp salt about 10 minutes. At the same time, boil noodles in salted water.

Spread noodles in buttered baking dish, dot generously with butter, cover with ravioli, dot with butter again. Bake in 375° oven about 20 to 30 minutes or until light brown. Serve with yogurt or sour cream.

Sylvia Braka

BOREQUITAS

Turkey

6 large potatoes
3 eggs
2 tbsp butter
1 cup grated cheese
2 cups flour
1/2 cup oil
1/2 cup water
1 tsp salt

Boil potatoes, peel and mash. Add eggs, butter and cheese, mix and set aside. Place flour in a bowl, make a well in the middle and pour in oil, water and salt; knead thoroughly and roll out on floured board. Cut with a tea-cup or round cookie cutter. Place 2 tsp of potato mixture on each round, fold over, forming half-moons, pressing edges together with a fork. Brush with egg yolk, bake on a greased cookie sheet, in a 375° oven, for 30 to 40 minutes or until golden brown. Makes 24 borequitas.

FILAS DE PATATAS

Using same filling as for borequitas, place 2 tsp in lumpia wrapper (fila), roll finger-shaped, and fry in hot oil until golden brown.

Sarita Tani

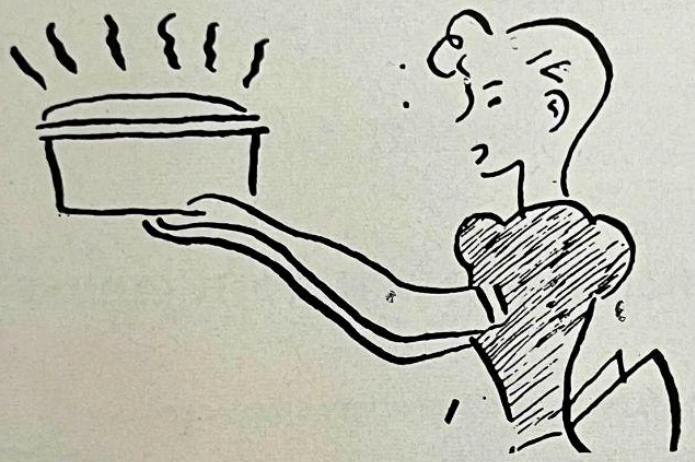
SOUFFLÉ AU FROMAGE (CHEESE SOUFFLÉ)

France

1 tbsp butter
3 tbsp flour
2 cups milk
1/2 tsp salt
1/4 tsp pepper
3 eggs, separated
3/4 cup grated cheese

Heat the butter in a quart-size saucepan, stir the flour into it; slowly add milk, stirring until smooth. Add the cheese and seasonings and stir until very thick. Place yolks in a buttered baking dish and add the mixture, stirring well. Fold in the stiffly beaten egg whites. Set the dish in a shallow pan half filled with water and bake in a moderate oven (350°) for 20 minutes. Makes 4 to 6 servings.

Essie Goldenberg



ALMODROTE (EGGPLANT BAKED WITH CHEESE AND EGGS)

Turkey

1 kilo eggplant
4 slices bread
3 eggs, slightly beaten
4 tbsp oil
3/4 cup grated cheese
2 tbsp butter
1 tsp salt

Broil eggplant until soft, peel and mince. Soak bread in water about 10 to 15 minutes; squeeze out water, mince bread, and combine with eggplant. Add eggs, salt, oil and 1/2 cup cheese, mixing thoroughly. Spread in a 9 inch pan and sprinkle with remaining cheese. Dot with butter. Bake in a 350° oven for 50 minutes, or until golden brown. Serves 8.

Sarita Tani

AUBERGINES AU FROMAGE (EGGPLANT WITH CHEESE)

France

2 medium sized eggplants
2 tbsp oil
1 tsp salt
2 cups thick white sauce
1 tbsp tomato purée or paste
1/4 cup grated cheese

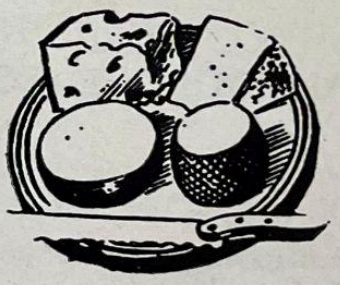
Wash the eggplants, cut off stalk and blossom end. Cut in thick slices. Sauté on both sides in the oil. Season with salt. Flavor the white sauce with the tomato purée (or paste) and cheese. Cover the bottom of a large buttered baking dish with a layer of eggplant, pour some of the sauce over it. Repeat layers and sauce. Bake in a moderate oven (325°) about 45 minutes. Serves 4.

Essie Goldenberg

BAKED SPINACH WITH CHEESE

Syria

1 pkg spinach (frozen), or 1 medium sized can
3 tbsp cottage cheese
1-1/2 cups grated cheese
3 eggs
1-1/2 tbsp butter
salt and pepper, to taste



Beat eggs with cheese and cottage cheese. Add salt and pepper; mix. Set aside about 1/5 of this mixture. Add rest of mixture to coarsely chopped spinach, mix thoroughly and place in a buttered baking pan. Top with the cheese mixture that has been set aside. Dot with butter, bake in 350° oven until golden brown.

Variation: Squash, cauliflower, or eggplant may be used instead of spinach. However, they should be boiled about 10 minutes first.

Sylvia Braka

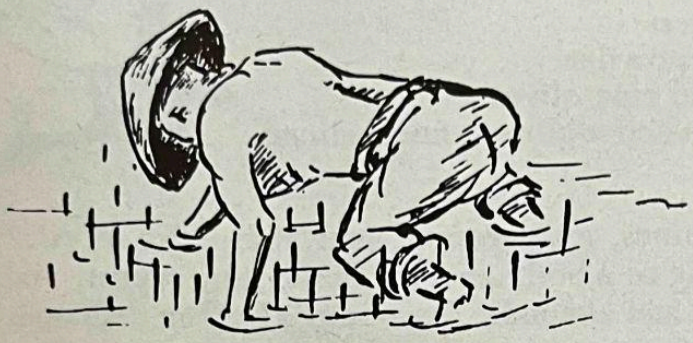
TURKISH RICE

Turkey

1 cup rice
2 tbsp oil
1-1/2 cup water
1 tsp salt

Fry 1/4 cup rice in oil until golden brown; add remaining rice, water and salt, mixing thoroughly. Boil, uncovered, until water is almost completely absorbed; cover and cook over low flame about 20 minutes, or until rice is tender.

Sarita Tani



NOODLE PUDDING

U.S.A.

1 8-oz pkg noodles
2 eggs, beaten
1 cup milk
3 tbsp cottage cheese
salt and pepper, to taste

Place boiled noodles in a well buttered baking dish. Add milk, cheese, salt and pepper to eggs; mix thoroughly and pour over noodles. Bake in 350° oven until brown, about 1 hour.

Norma Bradlyn

TUNA NOODLE CASSEROLE

U.S.A.

2 cups noodles
1 7-oz can tuna
1 onion, chopped
1 green pepper, chopped
1 can tomato sauce
salt and pepper, to taste
1/4 cup grated cheese

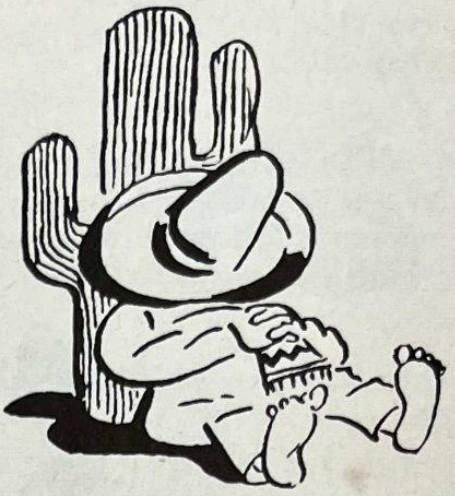
Combine flaked tuna, onion, green pepper, tomato sauce, salt and pepper. Arrange boiled noodles in a buttered baking dish in alternate layers with tuna mixture; sprinkle with cheese and bake in 450° oven until top is browned.

Lolita Swiryn

TAMALE PIE

Mexico

1/4 cup chopped onions
1/4 cup chopped green pepper
3/4 lb ground beef
garlic, to taste
3 tbsp olive oil
2-1/2 cups canned tomatoes
1-1/2 cups canned corn (cream style)
2/3 cup corn meal
1 tsp salt
1/4 tsp pepper
1/2 tsp chili powder
1/4 cup pitted ripe olives
1/2 cup blanched almonds, finely sliced



Brown onions, green pepper, beef and garlic in oil. Add tomatoes and corn, bring to a boil; add corn meal, salt, pepper, and chili powder. Fold in olives and almonds. Pour into a baking dish and bake in a 350° oven about 1 hour.

Minna Gaberman

PIZZA ALLA NAPOLETANA

Italy

2-1/2 tsp yeast
2 cups flour (scant)
salt and pepper, to taste
oil
Mozzarella or similar soft cheese, cut in strips
1 small can anchovies
1 to 2 tsp oregano
2/3 lb fresh tomatoes, peeled and chopped

Dissolve yeast in 1/2 cup water, add 2 tbsp flour; mix and let stand 15 minutes. Add to rest of flour; also add salt, 1 tbsp oil and enough water to make a soft bread-like dough. Knead 10 minutes, cover with a cloth and let stand in a warm place for 2 hours. Knead dough lightly and spread evenly on the bottom and sides of a greased pizza pan. Sprinkle with olive oil and cover with tomatoes, cheese and anchovies. Season with oregano, salt and pepper. Bake in a 375° oven until browned, about 20 minutes.

ALLA GIARDINIERA: Slice mushrooms, olives, green peppers, onions; add with tomatoes. Any combinations or quantities may be used as desired.

Complimentary

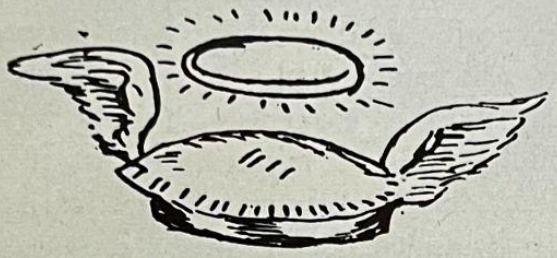
ONION PIE

Switzerland

4 large white onions, sliced
3 tbsp butter
1/2 cup milk
1/2 cup cream
2 eggs, beaten
1 tbsp flour
salt and pepper, to taste
one 9 inch baked pie shell

Cook onions in butter until soft, add rest of ingredients and mix. Pour into pie shell and bake in 350° oven about 1 hour or until set. Serves 6.

Minna Gaberman



SPAGHETTI WITH MINCED MEAT SAUCE

Italy

1 kilo minced beef, round or sirloin steak
1 clove garlic
2 onions, minced
3 tbsp olive oil, or butter
3 cans tomato paste and the same amount of water
pepper and salt, to taste
1/2 tsp chopped basil (optional)
2 bay leaves
1/8 tsp oregano
2 lbs spaghetti
grated Parmesan cheese

Fry garlic and onions in oil until yellow, slowly add meat, stirring frequently to prevent lumps. Remove garlic. Add tomato paste, salt and pepper; cover, simmer for 5 minutes. Add the water, basil, bay leaves, oregano, and continue simmering slowly for an hour and a half.

Boil spaghetti according to instructions on package. Combine with sauce and cheese, in layers, finishing with the sauce and cheese. Serves 6.

Tina Frieder

SPAGHETTINI CON VONGOLE (CLAMS)

Italy

2 lb vongole (clams in shells)
1 tbsp olive oil
1/2 cup olive oil
2 cloves garlic, minced
salt, to taste
1 tsp pepper
1 tsp parsley, chopped
4 qts boiling water
3 tsp salt
1 lb spaghettini or vermicelli

Wash clams thoroughly and place in large frying pan with 1 tbsp olive oil. Cover pan and place over hot fire. Move pan around so that all shells open; when they are all open, remove from fire and separate clams from shells, reserving juice. Strain juice, using fine strainer. Brown garlic in 1/2 cup olive oil, add clam juice, salt, pepper and clams. Boil for a minute or two, add parsley and remove from fire.

Add 1 lb of spaghettini to 4 quarts of boiling water, to which 3 tsp of salt have been added. Boil 12 minutes (try it, to see if it is cooked and "al dente"). Pour clam sauce over spaghettini, mix well and serve. Parmesan cheese may be added. Serves 4.

Variation: This recipe can also be made with anchovies. Cut anchovies into thin slices, add to the 1/2 cup of olive oil and garlic, continue as above.

Tina Frieder

MACARON REYENO

Turkey

1 lb macaroni
1/4 kilo ground beef
1/3 kilo onions, chopped
2 stalks celery, chopped
1/2 cup Wesson oil
5 eggs, well beaten
salt and black pepper, to taste

Combine meat, onions, celery, salt and pepper; sauté mixture in oil until dry. Add eggs, mix well; add macaroni that has been boiled in salted water, and mix again. Place in greased pan, brush with oil, and bake about 45 minutes in a 350° oven.

Alegra Habibi

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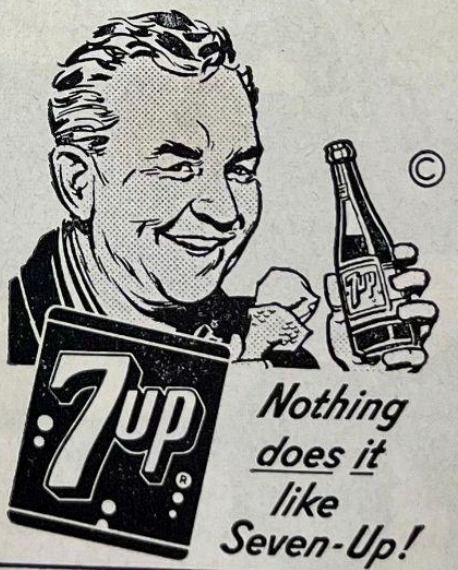

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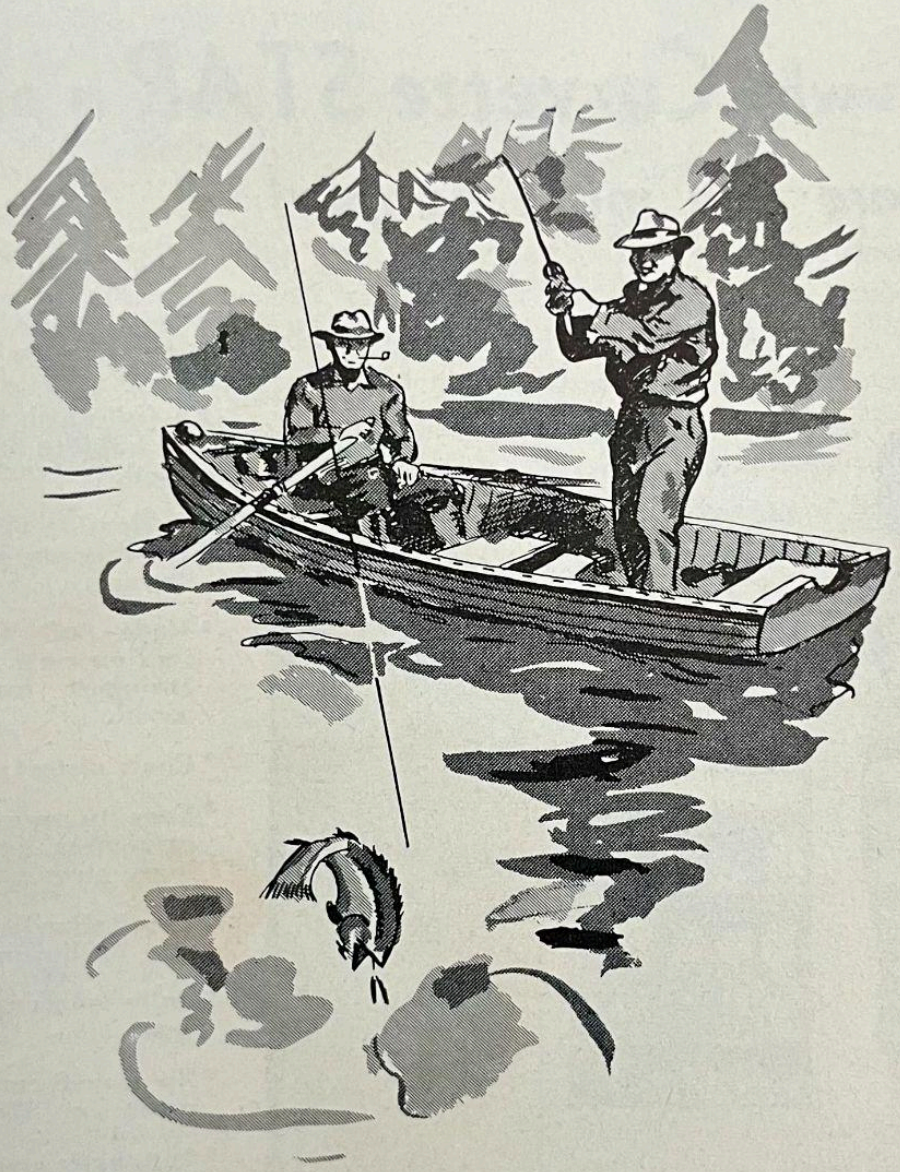
Fish



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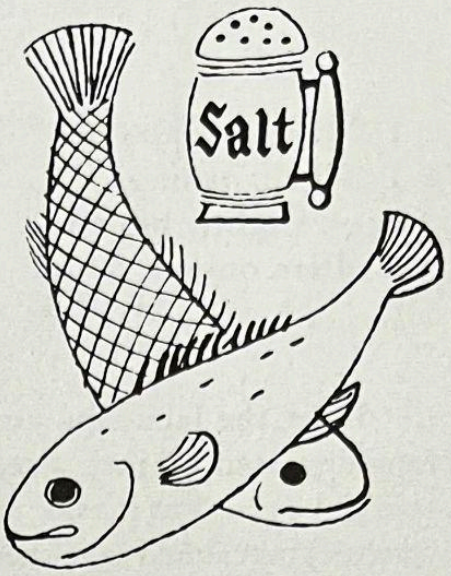
GEFILTE FISH

Russia



3 to 4 lbs fish (use any two or three of the following combined: Pike, lapu-lapu, red snapper, apahap)
salt and pepper, to taste
3 eggs
1 cup cold water
3 slices bread, soaked in milk
1 large carrot, sliced
3 large onions, sliced
2 or 3 stalks celery, diced

Slice fish into serving pieces; bone and skin, leaving the skin intact. Sprinkle a little salt on fish, place in a covered bowl in refrigerator until chilled, then chop until fish is of a paste-like consistency. Add salt and pepper, eggs, 1 cup of water and bread. Mix well and form into croquette or egg shapes, or stuff back into skin. Spread carrots on bottom of pan; place fish over carrots; put onions and celery over and around fish; cover with water. Cover, bring to a boil; uncover and continue cooking over very low flame about 2 or 3 hours. Serve hot or cold.

Ann Levine

FISH ROLLS

U.S.A.

8 slices filet (flounder or similar fish)
2 lemons, cut into wedges
2 medium sized onions, chopped
2 large green peppers, chopped
4 large fresh tomatoes or 1 large can of tomatoes
oregano, salt and pepper, to taste

Season fish with salt, pepper and oregano. Place 1 lemon wedge on each filet and roll tightly. Sauté onions in a little oil until they turn glassy, add peppers and mix until peppers change color. Remove from pan and spread in a baking dish and stand fish rolls on top. Place tomato wedges between the rolls and then sprinkle with oregano. Pour a little oil and lemon juice over fish (to avoid fish drying out). Bake in a 350° oven 30 to 45 minutes.

Ruth Greenfield

GEFILTE FISH

Poland

1-1/2 lbs lapu-lapu
1-1/2 lbs tanguingi
3 eggs, slightly beaten
3 medium onions, sliced
5-1/2 cups water
3 tsp salt
1/2 tsp white pepper
2 tsp sugar
1 carrot

Fillet the lapu-lapu and put head, bones and skin aside. Slice the tanguingi into 1/2 inch slices, and remove skin carefully without breaking it at any part. Put it aside as fish mixture will be filled into it later. Chop tanguingi meat and save the bones. Put all heads, bones and skins (except those of the tanguingi slices) into the water, add the onions, 1-1/2 tsp salt, 1/4 tsp pepper and 1 tsp sugar. Bring to a boil.

Meanwhile, chop or grind all boned fish, add 1/2 cup water, eggs, 1/4 tsp pepper, 1-1/2 tsp salt and 1 tsp sugar. Mix thoroughly into smooth paste and fill into the skin of the sliced tanguingi to form artificial fish slices. Put these slices into the boiling stock of skin and bones as previously described, add carrot and simmer in partly covered pot about 2 hours. Cool slightly, remove fish slices onto platter, mash solids in stock and then strain liquid over fish. Chill until stock is jelled. Serve with red horseradish (page 44).

Ruth Geoffey

BAKED FISH

Israel

2 lbs fish, sliced
1 carrot, sliced
1 large onion, sliced
1 large tomato, peeled and sliced
2 stalks celery, diced
salt and black pepper, to taste
1 clove garlic, minced
2 tbsp oil
1 tbsp flour
1 cup cheese, grated

Boil fish, carrot, onion, tomato, celery, salt and pepper, with enough water to cover, about 10 to 15 minutes. Remove fish carefully; place in layers in casserole. Strain stock.

Brown garlic in oil, add flour and blend. Add stock and cheese; keep stirring and cooking until cheese melts. Pour over fish and bake in a 400° oven about 15 to 20 minutes. Garnish with sliced pimientos, chopped parsley and boiled sliced carrots.

Helena Bernstein

GEFILTE FISH

Poland

1-1/2 kilos fish (red snapper and lapu-lapu, mixed)
2 carrots, sliced
2 onions
1/4 celery root, sliced
some matzo meal or crackers or 1 slice of bread
1 tsp sugar
2 eggs
salt and pepper, to taste

Slice fish into serving pieces. Separate all the meat from the skin and bones, keeping the skin whole. Grind fish fairly fine, add one grated onion and mix well. Add bread which has been soaked in water and squeezed dry. Add salt and pepper, eggs, sugar and 1 cup of cold water and mix thoroughly until smooth.

Put the bones in the bottom of a pan with the other onion (sliced) and the carrots and celery root. Wash skin and fill with fish mixture; salt and pepper these stuffed fish slices and place them on top of bones. Cover with warm water and boil for one hour or until fish slices are cooked. Boil rapidly at first and then slowly, adding more cold water if necessary, making sure that fish does not stick to pan. Lift fish out carefully with spatula, cool, place overnight in refrigerator. Serve with horseradish. Makes an excellent entrée.

Helen Beck

DAG KARUSH (JELLIED FISH)

Israel

1 kilo fish, sliced
2 cups vinegar
3 tbsp sugar
1/2 tsp peppercorns
4 bay leaves
4 cloves
salt
1 tbsp gelatine

Sprinkle fish with salt and let stand for 30 minutes. Combine rest of ingredients, except gelatine, bring to a boil; add fish slices, one by one; cover, and cook for 20 minutes. Remove fish, add gelatine to liquid and bring to a boil; pour over fish. Cool, cover, chill in refrigerator. Will keep a long time.

Dina Thischby

FISH BALL CURRY

India

1 kilo fish, ground (flounder and lapu-lapu mixed)
3 eggs, beaten
2 tbsp minced parsley
salt and pepper, to taste
2 tbsp minced onion
1 tbsp curry powder
3 tbsp flour

Mix all ingredients thoroughly; form into balls slightly larger than marbles.

1/2 cup oil
2 large onions, cubed
6 tbsp curry powder
milk of 2 coconuts*

Heat oil in a large pot, add onions and cook until glassy. Add curry powder and milk; bring to a boil. Add fish balls and simmer about 20 minutes. Serve with steaming rice.

*To obtain the milk of coconuts, grate the coconut meat and squeeze once, then pass through a strainer.

Ruth Greenfield

CURRIED FILET OF SOLE

England

6 tbsp butter
1 small onion, chopped
3/4 tsp salt
1/8 tsp pepper
1-1/2 tsp curry powder
1 cup white wine
1-1/2 kilo sole or flounder filets
3 tbsp flour
3/4 cup milk
1 can mushrooms (3 or 4 oz)

Melt 3 tbsp butter, add onion, salt, pepper, curry and 1/3 cup of wine. Cook filets in this mixture—a few at a time—about 2 or 3 minutes. Place fish in a large casserole and pour remaining liquid over it.

Melt the 3 remaining tbsp butter, add flour, stir until blended; remove from heat. Gradually add milk and remaining wine. Cook, stirring constantly until slightly thick. Pour over fish and add the mushrooms. Cover; bake at 350 degrees for 20 minutes. Makes 6 to 8 servings.

Corinne Stoll

RELLENONG BAÑGUS (STUFFED MILKFISH)

Philippines

1 large bañgus
2 large ripe tomatoes, chopped
1/4 cup raisins
2 cloves garlic, chopped
2 tbsp Toyo sauce
2 tbsp calamansi or lemon juice
1 onion, chopped
2 eggs, beaten
butter or oil
salt and pepper

Clean the fish and cut it open at the back. Remove all meat and the large inner bones. Leave head intact and be careful not to damage the skin. Cook the fish, flake it and remove all bones. Sauté garlic, onion and tomatoes, add flaked fish and raisins. Remove from fire, stir in calamansi juice, toyo sauce and eggs; season with salt and pepper. Fill bañgus skin with this mixture and sew up opening. Brush both sides with butter or oil. Bake in a 400° oven until both sides are golden brown.

Remy Baer

SWEET SOUR FISH

Lithuania

3 lbs of any fatty fish such as Spanish mackerel
2 medium onions, minced
1 celery stalk, minced
brown sugar, to taste
juice and rind of 1/2 lemon or calamansi
salt, to taste
1/2 tsp cornstarch, diluted in 2 tbsp cold water
1/2 cup raisins

Cut fish into serving portions. Reserve head and bones, if any. Boil onions, celery, sugar, lemon, and raisins, together with fish head, for about 20 minutes. Add fish and cook for about 1 hour or until tender. Season, to taste, while cooking. When fish is done, bring to a rapid boil and add diluted cornstarch. Continue boiling rapidly about 5-10 minutes, shaking pot so that fish does not stick to the bottom. Cool, remove from pot and refrigerate.

Lillian Davison

ESCABECHE (SWEET AND SOUR FISH)

Philippines

2 kilos fish filets
1 cup chopped cooked carrots
1/2 cup chopped celery
1/2 cup chopped green pepper
1/2 cup chopped green onions
2 eggs, beaten
2 tsp salt
1/2 tsp pepper
1/4 cup shortening
3 tbsp butter
2 tbsp flour
1-1/2 cup hot water
3 bouillon cubes
1/2 cup sugar
1/2 cup vinegar
1/2 cup soy sauce

Chop fish fine in wooden bowl; add carrots, onions, eggs, salt and pepper; mix. Form into balls; brown evenly in hot shortening and place in a baking dish. Spread celery and green pepper on top. Melt butter in separate pan, add flour and brown; gradually stir in water. Add bouillon cubes, sugar, vinegar and soy sauce; mix and pour over fish. Bake in a 350° oven about 30 minutes. Serves 10.

Lolita Swiryn

FILET DE SOLE VERONIQUE

France

1-1/2 lb fillet of sole
2 slices onion
1 clove garlic
juice of 1/2 lemon
few peppercorns
1 bay leaf
1 cup white wine
1/4 cup water
5 tbsp butter
1-1/2 tbsp flour
1/4 cup milk
2 tbsp cream
1 tbsp chopped parsley
1/2 lb white grapes
salt and pepper, to taste

Place sole in a well buttered baking dish; add onion, garlic, lemon juice, peppercorns, bay leaf, wine and water. Cover with aluminum foil and bake in a 350° oven 15 minutes. Remove fillets, place on a serving platter and keep warm.

Melt 2 tbsp butter in a frying pan. Remove pan from fire and add flour, salt and pepper, mixing until smooth. Slowly add 3/4 cup of the strained liquid fish was baked in. Place over fire again, add milk; bring to a boil, stirring constantly. Add cream and 2 tbsp butter; simmer a few moments.

Blanch, skin and pip grapes. Place in separate pan, add 1 tbsp melted butter, salt, pepper and parsley; shake over fire until warm.

To serve: Coat fillets with the sauce; arrange in platter with grapes at one end. Serve remainder of sauce in a separate dish.

Complimentary

SHRIMP SUPREME

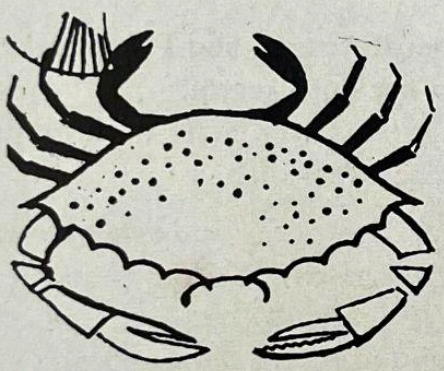
U.S.A.

1 kilo raw shrimps
2 6-oz cans mushrooms, sliced
4 tbsp butter
1 onion, chopped
2 tomatoes, chopped
1/2 cup light cream
2 tbsp flour
1/4 cup sherry
1 tbsp Worcestershire sauce
1/2 tbsp salt
1/4 tsp pepper
good shake paprika
1/2 cup breadcrumbs

Boil shrimps 5 minutes; drain, cool, shell and remove dark vein. Fry mushrooms for a minute or two in 2 tbsp butter, add onion and tomatoes, mix and cook over low flame for 10 minutes. Gradually mix cream with flour to make a smooth paste; add to mushroom mixture. Season with sherry, Worcestershire sauce, salt, pepper and paprika and continue cooking over low fire for several minutes until sauce is slightly thickened.

Add sauce to shrimps and pour all into buttered baking dish. Melt remaining butter, mix in crumbs and heat until all crumbs are buttery brown. Sprinkle over shrimps and bake in 350° oven 20 minutes.

Margot Preiss



RELLENONG ALIMANGO

Philippines

6 crabs (alimango), boiled
2 potatoes, diced fine
1 onion, minced
5 tbsp shortening
2 tomatoes, minced
salt and pepper
5 eggs, beaten
bread crumbs

Remove meat from crab shells. Fry potatoes. In separate pan, sauté onion in 1 tbsp shortening until tender, add tomatoes and then the crabmeat and potatoes. Season to taste.

Clean crab shells and moisten with a little beaten egg; fill with crabmeat mixture and pack firmly. Sprinkle with bread crumbs and dip in eggs. Fry in hot shortening, top side down, or bake in 350° oven 20 to 30 minutes.

Vina B. Schlachterman

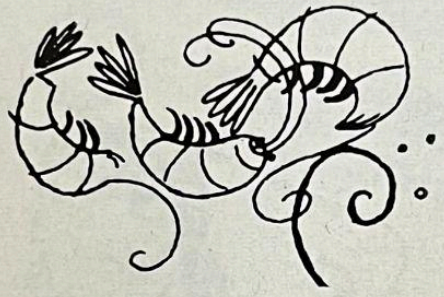
SHRIMP CREOLE

U.S.A.

1 clove garlic, minced
1/2 tsp salt
3 tbsp oil
1 tbsp flour
1/2 kilo raw shelled shrimps
2 oz tomato paste
1 small onion, minced
1 small green pepper, minced
1/4 tsp thyme
1/4 cup hot water

Crush garlic in a large skillet, add salt and oil; heat. Stir in flour, making a smooth paste. Cook slowly about 5 minutes or until mixture browns, stirring constantly. Add shrimps and stir until well coated with flour mixture. Add tomato paste, onion, green pepper, thyme and water. Cover pan and cook gently about 10 minutes or until shrimps are done. Thin sauce, if desired, with additional water or dry white wine. Serve with rice. Serves 2.

Ruth Greenfield



FISH BALBOA

Panama

2 lbs filet of sole
1/2 cup lemon juice
Worcestershire sauce
1 tsp freshly ground pepper
minced parsley
1/2 cup mushrooms
2 tbsp butter
1/2 cup water
2 tbsp vinegar
1/2 tsp sugar
1 cup small shrimps
3/4 cup Parmesan cheese, grated
1 cup mushroom soup
1/2 cup sherry wine
1/2 cup chopped chives

Wash filets in cold water and blot dry with paper towels. Soak in lemon juice for one hour. Drain, blot dry and place in casserole. Shake a few drops of Worcestershire sauce on each filet and sprinkle with pepper and minced parsley.

Sauté mushrooms lightly in butter. Mix water with vinegar and sugar and bring to a boil and simmer shrimps in it for three or four minutes. Add mushrooms and spread shrimp mixture over filets; dust lightly with part of the Parmesan cheese. Mix mushroom soup with sherry wine and pour over fish. Sprinkle with remaining cheese, chives and additional parsley. Bake in hot oven (400°) for 15 minutes. Serve with (or over) rice. Serves six.

Minna Gaberman

FISH DIVAN

U.S.A.

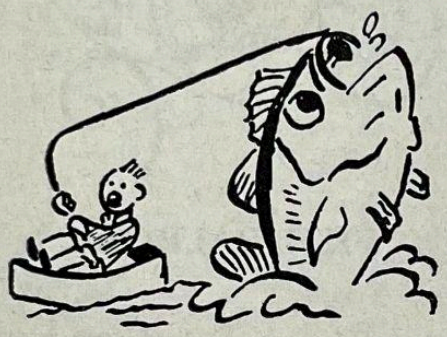
4 slices tanguingue (mackerel)
bread crumbs, seasoned
1 pkg broccoli, frozen
2 tbsp flour
1/2 cup evaporated milk
1 can cream of celery soup
1 cup shrimps, boiled, shelled, veins removed
1 cup shrimp broth
parsley, minced
salt and pepper, to taste

Roll fish in crumbs, fry in oil, and place in a buttered casserole. Spread broccoli over fish.

Mix flour with a little milk until smooth. Add rest of milk, celery soup, shrimp broth, parsley, salt and pepper, stirring constantly. Bring to a boil, add shrimps, mix, and pour over fish and broccoli. Bake in a 350° oven, uncovered, for 15 minutes. Cover with aluminum foil and continue baking 20 minutes longer.

Good served with buttered rice.

Lillian Samara



RADISH KILAWIN

Philippines

6 white radishes
2 tsp salt
1/4 kilo shrimp
1 clove garlic, mashed
1/2 cup sliced onion
1/2 cup sliced tomatoes
1 tbsp vinegar
ground black pepper

Pare radishes and slice thin crosswise. Mix with 1-1/2 tsp salt. Rinse and drain; set aside. Boil shrimps, shell and cut lengthwise into halves. Pound the heads of the shrimps and extract the juice, using the water in which they were boiled.

Sauté garlic, onion and tomatoes in fat; add shrimps and 1/2 tsp salt. Cook 3 minutes; add shrimp liquid and cook 2 minutes longer, stirring constantly. Add radish, cover; cook about 10 minutes. Add vinegar and pinch of pepper; bring to a boil and remove from fire. Serve hot.

Vina B. Schlachterman

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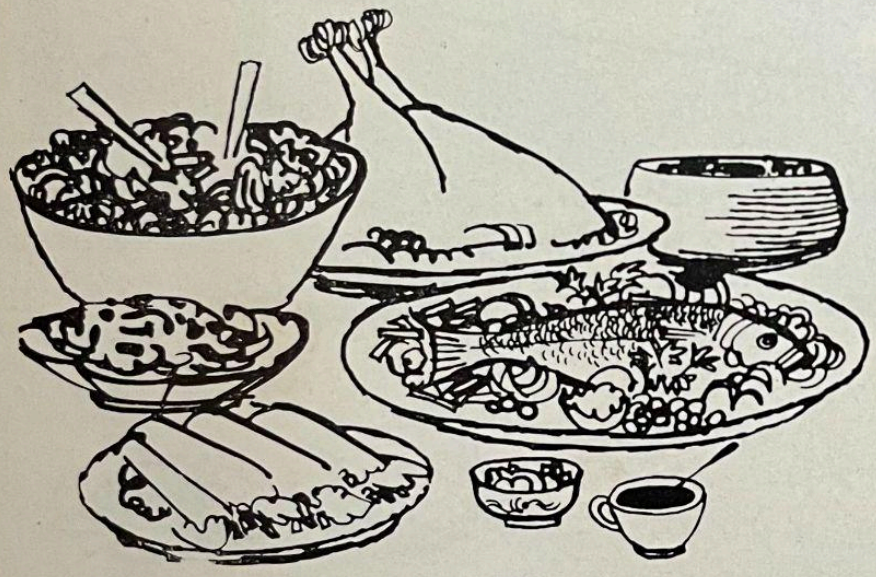

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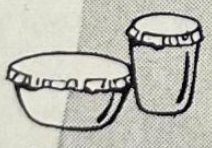

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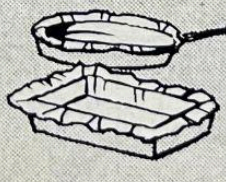

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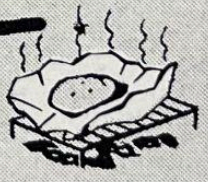

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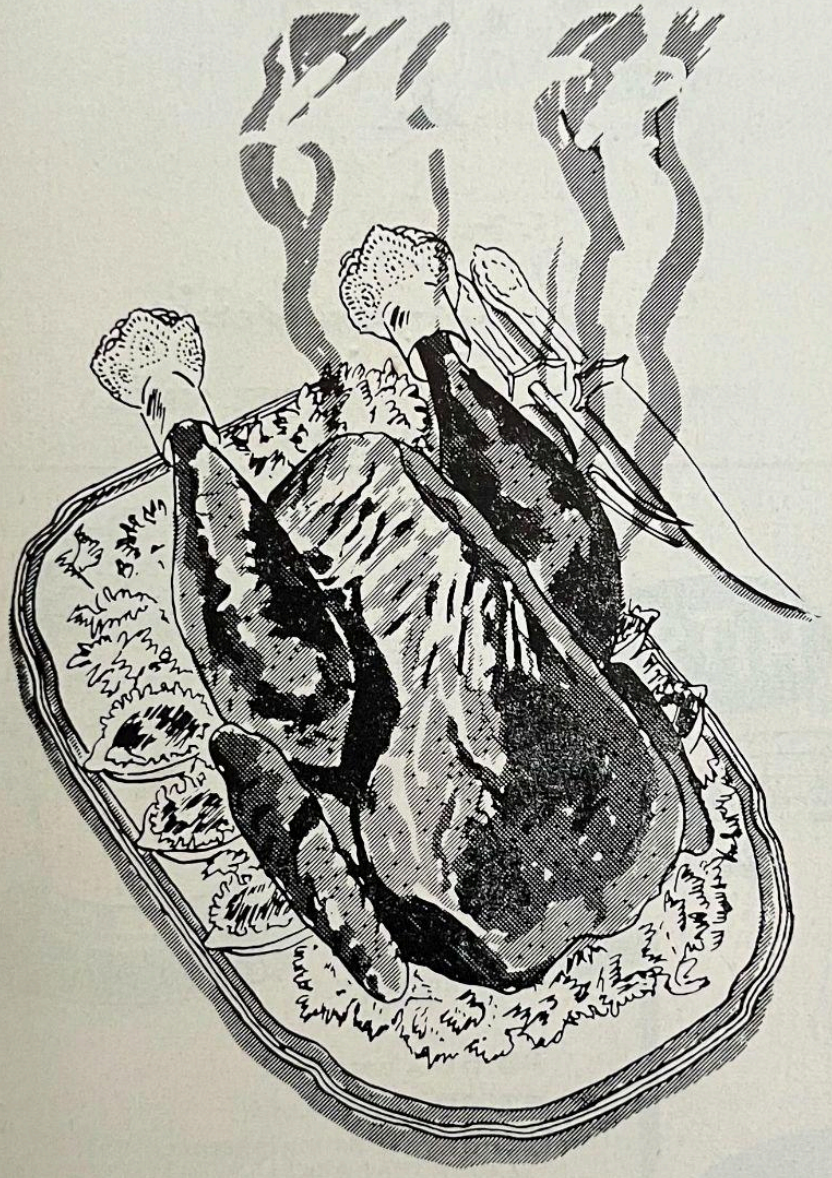

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BACKHAEHNDEL (VIENNESE FRIED CHICKEN)

Austria

2 fryers
2 eggs
salt
flour
finely sifted breadcrumbs
shortening

Divide each chicken into at least seven pieces; wipe and dry them. Beat eggs well with 1 tsp water; put breadcrumbs on a large piece of paper; put flour into a soup plate. Salt each piece of chicken carefully, roll in flour, dip in egg and then roll in breadcrumbs. Fry in very hot shortening for one minute covered, then fry slowly, uncovered, until golden brown. Drain on absorbent paper.

Helen Frieder

CHICKEN PAPRIKA

Hungary

2 roasting chickens (1-1/2 kilo each), jointed
2 large onions, minced
2 large ripe tomatoes, peeled and chopped
salt and paprika
butter

Fry onions in butter until yellow. Add chicken, salt, paprika and tomatoes; simmer over medium fire. Add a little hot water occasionally, while mixing, and cook until tender. Best served with:

KNOCKERL:
2 cups flour (add more if necessary)
1/4 lb butter
2 eggs
about 1/4 cup water
salt

Cream butter well, add eggs, then slowly add flour, salt and as much water as is needed for a soft batter. Keep on beating until batter does not stick to spoon (wooden) any longer.

Have ready a large pot of boiling salted water. Put a spoonful of batter at a time on a wooden board and with a knife cut small slices of batter into the boiling water. Cook until knockerl rise to the top and are done. Take them out with a strainer, rinse with cold water, and heat in melted butter. Continue until all batter is used.

Helen Frieder

CHICKEN PAPRIKA

Roumania

2-1/2 lbs chicken (cut for frying)
1 large onion, chopped
1 green pepper, chopped
1 large tomato, chopped
2 tbsp chicken fat
2 tsp paprika
1 cup sour cream
salt and pepper

Brown onions and green peppers in chicken fat. Add paprika. Stir in chicken and tomatoes. Cover and simmer until chicken is soft. Add sour cream and serve. Serves 3 or 4.

Ruth Greenfield

CHICKEN ADOBO

Philippines

1 medium sized chicken
1 clove garlic, minced
salt, to taste
black pepper, to taste
1 bay leaf
1/2 cup vinegar
2 cups water
shortening

Cut chicken into serving pieces; season with garlic, salt and pepper. Place in a kettle and add bay leaf, vinegar and water. Cover and simmer until hardly any liquid remains. Add shortening and brown chicken. Serve hot or cold.

Note: After browning chicken, some thick coconut milk may be added; simmer together for a few moments, then serve.

Vina B. Schlachterman

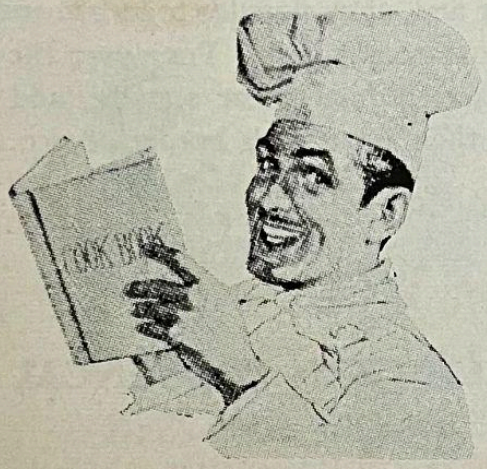
CHICKEN OREGANO

Cuba

1 fryer, 2-1/2 to 3 lbs, jointed
1/4 cup oil
1 medium onion
1 clove garlic
2 fresh tomatoes, diced
1 tsp salt
1/4 tsp pepper
1 tbsp oregano
1 4-oz can mushrooms, chopped

Coat pieces of chicken in oil and brown in heavy skillet over medium heat. Add onion and garlic and cook several minutes. Season with salt, pepper and oregano; add tomatoes and mushrooms with their juices. Cover and cook over low heat 30 minutes or until tender. Garnish with parsley. Serves 4 to 6.

Dasha Meadows



POLLOS COLOMBIANOS (CHICKEN)

Colombia

2 medium sized chickens, cut in serving pieces
2 medium sized onions, sliced
3 tomatoes, skinned and sliced
6 tbsp oil
salt and pepper, to taste
1 large green pepper, sliced

Fry onions in oil until golden brown, add green peppers and cook until peppers begin to get soft. Add tomatoes, salt and pepper; mix and cook over low flame about 5 minutes. Add chickens and 1 cup water and cook over medium flame until chickens are tender, adding more water if necessary. Turn into a baking dish and bake for 30 minutes at 350°.

Katie Malca

CHICKEN A LA PALMER

U.S.A.

1 chicken
1 large onion, sliced
1 large tbsp flour
1 tbsp curry powder
1 cup soup stock, or water
1 cup strained tomatoes
1 cup hot milk
salt and pepper, to taste
butter, enough to brown chicken and onion
1 tsp sugar

Joint the chicken, wipe, season with salt and pepper and dredge with flour; brown lightly in butter. Fry the onion in butter in separate pan. Mix salt, sugar, flour and curry powder together and add to onion. Add the soup stock and tomatoes slowly. Pour over the chicken and simmer one hour or until tender. Just before serving, add a cup of hot milk. Boil for one minute, then serve with border of rice.

Minna Gaberman

CHICKEN PROVENCAL

France

Cut 2 chickens (broilers) into serving pieces, dredge in flour, salt and pepper. Sauté in equal parts of olive oil and butter. Remove from pan. In the same pan, brown 4 large onions or six small ones.

Make a sauce of:
1 cup sherry wine
1/2 cup red wine
1 cup consommé
1 tsp tomato sauce

Place chicken and onions in large baking casserole (French pottery type is preferable), pour sauce over them and add salt, pepper, bay leaf, monosodium glucate and, if desired, ripe olives. Bake in 350° oven until brown and crisp on top.

Corinne Stoll

CHICKEN GLACÉ

Israel

1-1/2 kilo chicken
1 cup orange juice
1 tbsp orange rind, grated
1 cup brown sugar
2 tbsp butter, melted
1 tbsp dry mustard
dash of nutmeg
1 orange, sliced
salt and pepper, to taste

Combine orange juice, rind, sugar, butter, mustard and nutmeg. Joint chicken, sprinkle with salt and pepper and place in a greased baking dish. Top with orange slices and orange juice mixture. Bake in 375° oven for 1 hour, or until chicken is tender, basting often. Chicken should be golden brown and glazed.

Note: Fillet of sole may be used instead of chicken.

Margot Preiss

RIZ A LA CRÉME

France

1 large chicken or 2 small
2 cups rice, cooked
1 tbsp butter
1 tbsp flour
1 egg yolk
1 tbsp cream
1 tsp brandy
2 tbsp grated Parmesan cheese
1 can mushrooms
salt, pepper, nutmeg, to taste

Season chicken with salt and pepper and boil until tender. Make a white sauce using the butter, flour, egg, cream, brandy, nutmeg, cheese, mushroom liquid, and 1 cup chicken broth. Remove from fire, add mushrooms and mix thoroughly.

To serve: Press rice into a tube pan for a few moments, turn over onto platter. Place the sauce in the center and the chickens, cut into serving pieces, around the rice.

Fern Landau

CHICKEN BOLA GAI

Hawaii

Mix together 1/3 cup flour, 1 tsp salt, 1/2 tsp celery salt, 1/4 tsp garlic salt and 1/4 tsp nutmeg. Dust 2 chickens (cut into serving pieces) with the flour mixture and brown well in 4 tbsp margarine. Combine syrup from one #2 can pineapple slices (about 1 cup), 1/2 cup soy sauce and 2 tbsp sugar. Place pieces of chicken in shallow casserole or baking dish; pour pineapple-soy sauce over them. Cover casserole and bake in a 350° oven until chicken is tender, about an hour. Baste chicken with juices in casserole 2 or 3 times while baking. Serve with sautéd pineapple slices. Serves 8.

Ruth Greenfield

HAWAIIAN CHICKEN

Hawaii

6 chickens, cut in pieces
juice of 5 calamansi (1 lemon)
salt and pepper
oil for frying
2 tbsp flour
2 tbsp butter, melted
2 cans pineapple chunks
1 cup chopped onions
1-1/2 tbsp sugar
1-1/2 tsp salt
1/4 cup vinegar
2 cups celery, sliced
4 large green peppers
1 can pimiento, sliced

Sprinkle chicken with calamansi juice, salt and pepper; fry in hot oil. In separate frying pan, brown flour in butter, then slowly add juice from pineapple chunks, stirring until smooth. Add onion, sugar, salt, vinegar, celery and sliced green peppers; mix and add to chicken. Mix in pineapple chunks and pimientos; bake in a baking dish at 375° until chicken is tender.

Lolita Swiryn

CHICKEN SAVORY

Israel

1/4 cup butter
1 bay leaf
2 tbsp onion, chopped
1 carrot, chopped
1 turnip or kohlrabi, chopped
1/4 cup flour
1 cup water, boiling
1 can whole tomatoes
salt, pepper, paprika (to taste)
1 kilo chicken
1 4-oz can mushrooms
few slices salami

Melt butter; add bayleaf, onion, carrot and turnip and simmer. Stir in flour; gradually add water and tomatoes. Season with salt, pepper and paprika. Remove bayleaf.

Cut chicken into small pieces, dredge with flour, and fry with salami that has also been cut into small pieces. Add chicken and salami to sauce and simmer until chicken is tender. At the last moment, add mushrooms. Serve hot.

Margot Preiss

CHICKEN CACCIATORI

Italy

3 2-lb frying chickens
3 chicken livers
1/4 cup olive oil
2 onions, minced
3 green peppers, minced
1 red sweet pepper, minced
1 can tomato paste
1 can whole tomatoes
1 tsp salt
1/2 tsp pepper
1 tsp sugar
4 bay leaves
1/4 lb mushrooms, sliced

Cut livers in half and chickens into serving pieces. Fry chicken in oil until golden brown, add onions, green and red peppers, and mushrooms; brown lightly, then add livers. Combine tomato paste and whole tomatoes and add to chicken mixture; mix. Add salt, pepper, sugar and bay leaves, cover and simmer until chicken is tender. Good served with spaghetti.

Susana Gadol

SOTANGHON

Philippines

1 small chicken
10 cups water
1/2 cup sliced tokua (soybean curd)
6 tbsp oil
4 cloves garlic
1 large onion, sliced
1/2 cup shrimps, shelled
1-1/2 cups sotanghon, soaked (rice noodles)
1 cup pechay, cut in 1 inch pieces
1/4 tsp pepper
salt, to taste

Boil chicken in water until tender; flake the meat and slice giblets. Fry tokua in oil until golden brown, then add garlic, onion and shrimps. Strain chicken broth into large soup pot, add above mixture and bring to a boil. Add sotanghon, chicken, giblets, pechay, pepper, and salt and cook about 5 minutes longer.

Remy Baer

CHICKEN DIVAN

U.S.A.

1 chicken
bread crumbs, seasoned
1 to 2 onions, chopped
butter
1 pkg broccoli, frozen
2 tbsp flour
1/2 cup evaporated milk
1 can cream of mushroom soup
2 cups chicken broth
parsley, minced

Boil chicken, with seasoning to taste, until almost, but not quite tender. Remove chicken and bone; save stock. Roll chicken in bread crumbs; fry in butter, with onions, until golden brown. Arrange in layers in buttered casserole. Spread broccoli over chicken.

Mix flour with a little milk until smooth. Add rest of milk, mushroom soup, chicken broth and parsley, stirring constantly. Bring to a boil and pour over chicken and broccoli. Bake in a 350° oven, uncovered for 15 minutes. Cover with aluminum foil and continue baking 30 minutes longer. Serves 4.

Good served with buttered noodles.

Lillian Samara

ARROZ A LA VALENCIANA

Spain

1 chicken, cut into serving pieces
1/2 kilo veal, cubed
2 chorizos de Bilbao, sliced (sausages)
1/2 cup shortening
2 cloves garlic, crushed
1 onion, sliced
1 cup tomatoes, skinned and sliced
6 potatoes, quartered
1 cup sweet peas
1 sweet red pepper, sliced
1/4 cup olives, pitted
3 cups rice, boiled in 3 cups salted water and 2 cups coconut milk
2 hard boiled eggs, sliced
sliced pimiento
stuffed olives

Sprinkle chicken and veal with salt and pepper; brown lightly in shortening. In a deep pot, sauté in order: garlic, onions, tomatoes. Add chicken and veal, mix and cover. Cook until almost tender, adding small amount of water if necessary. Add red pepper, potatoes, peas and olives. When meat and vegetables are done, remove some of the stock and set aside. Combine rice with meat mixture, using a wooden spoon; add chorizos. Add the stock that has been set aside; season to taste and continue cooking over low heat until all liquid is absorbed.

Garnish with eggs, pimiento and stuffed olives.

Vina B. Schlachterman

CHICKEN LOAF

Philippines

1 chicken, 4 to 5 lbs
1 cup milk
2 cups bread crumbs
1/2 cup raisins
1 small onion, chopped
1/4 cup sweet pickles, sliced
3 tbsp butter
1 tsp paprika
salt and pepper
4 hard-boiled eggs
1/2 green pepper, sliced

Bone chicken and grind. Fry green pepper in butter, combine with ground chicken. Add rest of ingredients, except eggs, and mix thoroughly. Form loaf, placing shelled eggs in center, completely encasing them with chicken mixture. Bake in a 350° oven about 1 hour or until done.

Remy Baer

CHICKEN CURRY

Singapore

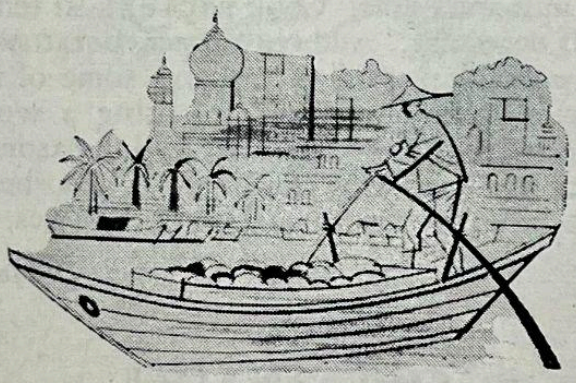
1 coconut
2 onions, minced
1 tbsp butter
2 lb chicken, jointed
2 cloves garlic, minced
2 tbsp tomato sauce
salt, to taste
1 chili
2 to 3 tbsp curry powder, Indian or Madras

Grate coconut, add a little water and squeeze to get one cup of thick coconut milk. Add a little more water and squeeze again to get another cup of milk (it will be thinner than the first cup). Set aside. Fry the onions in butter until yellow. Rub the chicken with garlic and add to onions; cook over low flame until golden yellow, for about 10 minutes. Add curry and cook for 5 minutes longer, then add the thick coconut milk, tomato, salt and chili. Continue simmering, stirring frequently. When more liquid is needed, add the second cup of coconut milk. Cook about 1 hour or until chicken is tender. Should not be dry. Serve with rice and condiments.

Suggested condiments: Fried bananas, sliced thin. Chopped hard-boiled eggs. Crisply fried onion rings. Grated coconut. Chopped peanuts. Thinly sliced fried eggplant. Chutney. Relish of any kind.

Note: Lamb or mutton may be used instead of chicken.

Tina Frieder



CHICKEN WITH RICE

Persia

1 4-lb chicken
2 qts water
1 onion, chopped
1 bay leaf
6 peppercorns
1 tbsp salt
1 cinnamon stick
2 sprigs parsley
2 stalks celery
1 cup rice
1 cup seedless raisins
1 tbsp fat
almonds, chopped

Add water, onion, bay leaf, peppercorns, salt, cinnamon, parsley and celery to chicken; simmer until tender. Strain stock; bone chicken. Add rice to stock, cover, boil 12 minutes, then add chicken, raisins, and fat; cover and cook over low flame until all the stock is absorbed. Serve hot; sprinkle with almonds.

Susana Gadol

ROAST DUCK WITH PINEAPPLE

United States

1 duck
1/2 tsp paprika
1 tsp salt
1/8 tsp pepper
1 can pineapple, medium
1 onion
3 carrots
3 stalks celery
1 clove garlic
shortening

Allow duck to stand overnight with a cut orange in its cavity to take out any odor. Wash thoroughly and rub with garlic and shortening. Mix paprika, salt and pepper—sprinkle on duck. Bake in a moderate oven (375°) for 20 minutes; then pour pineapple juice over the duck. Cut onion, carrots and celery into slices and place around the duck and continue baking, basting occasionally. When duck is tender, add the sliced pineapple and bake 10 or 15 minutes longer.

Rose Wilson

ROAST DUCK

Germany

1 duck, 3 to 5 lbs
celery, leeks, carrots
salt and pepper
green apples, quartered
onions, quartered
1 clove garlic

To boiling water, add 1 tsp salt, celery, carrots and leeks. Add duck and parboil about one hour. Drain and dry duck; stuff with apples and onions; close opening. Rub the skin of the duck with garlic, sprinkle with salt and pepper; roast in 325° oven about 25 minutes or more (depending on age and size of duck), then place under broiler until crisp and brown.

Prepare gravy, using drippings in roasting pan, soup stock, and the uncooked duck liver pressed through a sieve. Season and thicken gravy if desired.

Serve with red cabbage, or cranberry sauce, and mashed potatoes.

Marion Tischler

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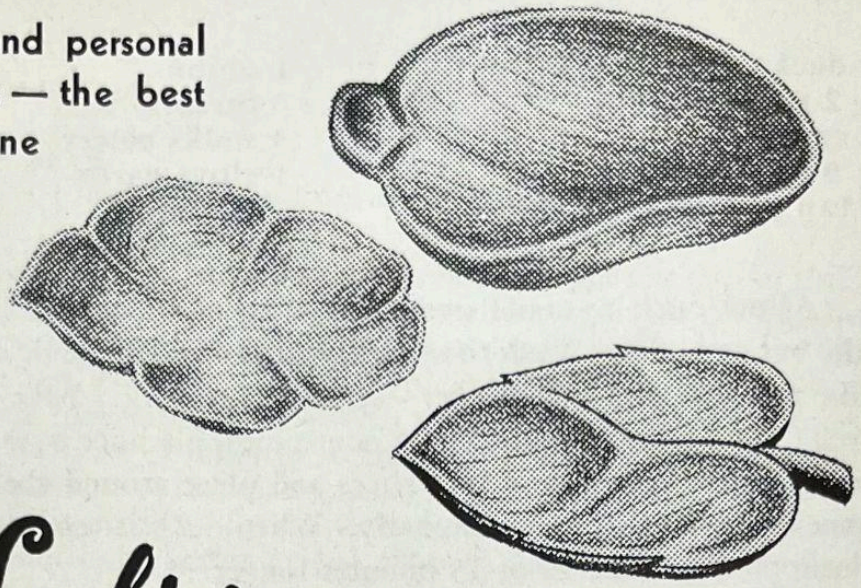

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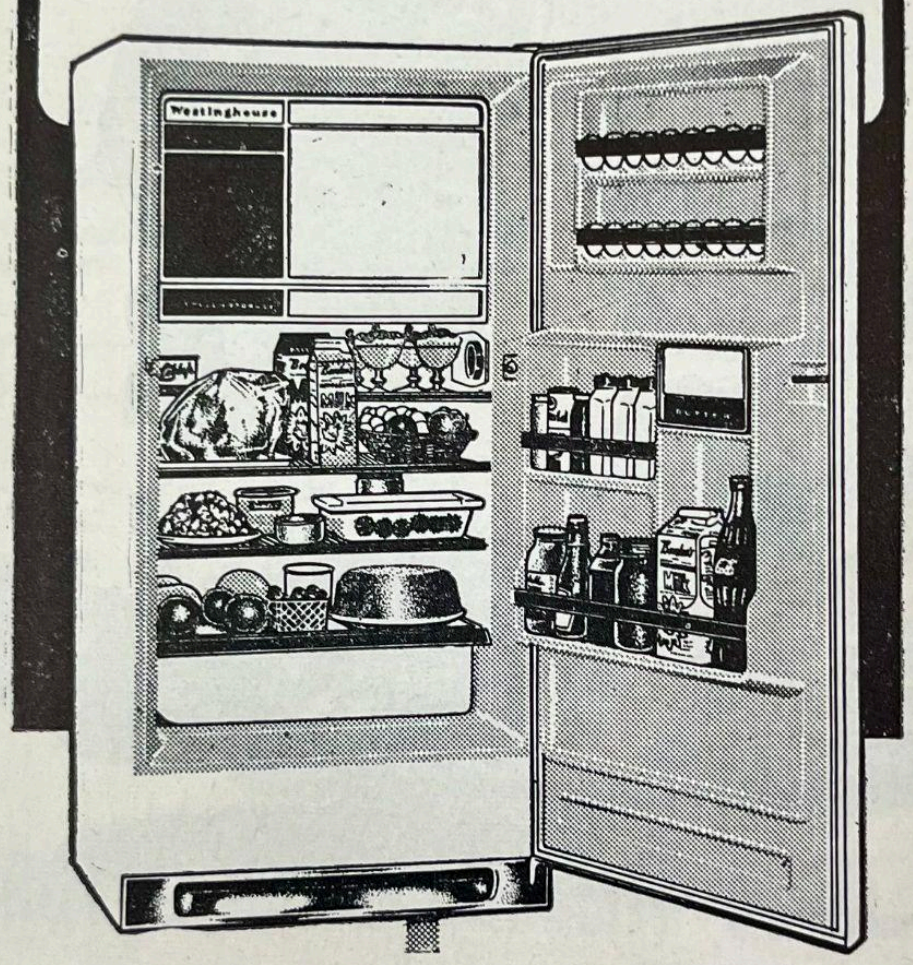

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CHALIAPIN STEAK

Russia

1 large cube steak, approximately 2 lbs
2 tbsp calamansi, lime or lemon juice
2 tbsp oil
6 onions, sliced
salt and pepper, to taste

Soak well pounded steak in mixture of calamansi juice and oil for one hour. Fry the onions in oil until golden, move them aside and put meat in pan, turn steak over after a few moments and fry on the other side. Add salt and pepper and cut in strips before serving. Serves four.

Ruth Geoffey

ROULADEN (MEAT ROLLS)

Germany

1 kilo topside of beef, cut into very thin, large slices
prepared mustard
finely chopped onions
dill pickle, sliced lengthwise
beef fat, sliced
salt and pepper, to taste
dash of soy sauce (optional)

Spread meat with mustard, then generously with onions, and sprinkle with salt and pepper. Place sliced pickle and beef fat over onions; roll tightly and fasten with toothpicks. Brown rolls in small amount of fat; when brown, add a little water and simmer about one hour or until tender, turning occasionally. When almost done, add dash of soy sauce, if desired.

Thicken gravy as follows: Mix 1/2 tsp flour and enough water to make a thin paste; add to gravy and bring to a boil.

Variation: This dish can also be prepared by filling rolls with fresh tomatoes and green peppers, chopped. Serves 4 to 6.

Gertrude Oestreicher

CHATEAUBRIAND

France

1/2 kilo tenderloin
salt and pepper
6 to 8 chicken livers
1 small onion, chopped
1/2 of 4 oz can Vienna sausage
3/4 cup bouillon
2 tbsp sherry
1 7-oz can mushrooms
1 small can sweet peas
butter for frying
1 tbsp flour

Brown chicken livers in butter, remove from pan and set aside. Add onion to butter, fry about 2 minutes, then add cubed sausage. Remove pan from fire, add flour, mix well and slowly stir in bouillon. Return pan to fire, bring mixture to a boil, stirring constantly, then add livers, sherry, mushrooms and peas; simmer for a few moments.

Cut tenderloin in thick slices and brown in hot butter in separate pan. Sprinkle with salt and pepper, arrange slices on a serving platter and pour sauce over them. Decorate with triangular pieces of fried bread.

Complimentary

BEEF ROLLS STUFFED WITH CHEESE

Roumania

1 kilo striploin, cut across the grain into 1/2 inch thick slices
1/2 cup grated ball cheese
1/4 cup minced parsley
1 #2 can tomatoes

Trim striploin slices and pound well; sprinkle with salt and pepper. Mix cheese and parsley; place 1 teaspoonful at the end of each meat slice and roll securely. Coat each beef roll with flour; chill in refrigerator about 2 hours—this seals the rolls. Brown rolls evenly in hot oil, add tomatoes and simmer until tender, adding a little water if necessary. Serves 6.

Ruth Greenfield

COUSCOUSS

North Africa

1 kilo farina
1 kilo beef
1 large chicken or 2 small ones
1/4 kilo chick peas
1/2 kilo pumpkin, cut in large pieces
6 small squash
1 small cabbage, cut in fourths
6 turnips
6 carrots
4 onions
celery
salt
pepper
allspice
1 tbsp oil

Couscouss: Put farina in a large and flat dish. Gradually add about 6 ounces cold water, mixing constantly (with the hand, in circular motion) with farina. Place farina in a strainer and steam it—strainer and water container must fit very tightly. When couscouss is thoroughly steamed, repeat first step, placing couscouss in a large and flat dish, and adding 6 oz water, to which salt and 1 tbsp oil have been added. Pour the couscouss once more into the strainer and steam until tender.

Stew: Brown chicken and beef (cut into serving portions) and chopped celery. Cover with water, add chick peas, bring to a boil. Then add all the vegetables, salt, pepper and spices. Cover and simmer until tender. Pour broth into another saucepan and keep boiling until half the quantity remains.

Serve in 3 separate platters: a) The couscouss, steaming hot. b) vegetables and meats. c) The broth. Serves 8.

Fern Landau

TENDERLOIN TIPS

Greece

2 lbs tenderloin tips
2 tbsp butter
1 tbsp flour
1/2 cup dry white wine
1 cup beef bouillon
1 cup olives, pitted

Brown meat in butter, add flour and stir until well blended, add wine and bouillon. Cook, stirring constantly until meat is tender. Add olives, cover, and simmer about 10 minutes.

Complimentary

HUNGARIAN GOULASH

Hungary

1 kilo sirloin steak
2 large onions, chopped
3 large ripe tomatoes, minced
pepper
peppercorns
1/2 tsp paprika
1/4 tsp caraway seeds
pinch of majoram
2 bay leaves
1 tsp vinegar
2 cloves garlic, sliced

Cut meat into 1 inch cubes (take off all fat). Fry onions in butter until yellow; add meat and all other ingredients, except vinegar. Cover and simmer slowly until tender. Add a little water, if necessary, to keep moist. Add vinegar last.

GOULASH SOUP

Prepare goulash as in recipe for Hungarian goulash, above, or use leftover goulash, cutting meat smaller. Cut two large peeled potatoes into small cubes and boil in salted water until soft; drain. Add potatoes and 1 can of consommé or beef stock to meat, and, if necessary, some more hot water. Season to taste.

Helen Frieder

BEEF STROGANOFF

Russia

1 kilo tenderloin
1 14-1/2 oz can mushrooms
2 large onions, sliced
1/4 cup tomato ketchup
juice of 1 lemon
1 can consommé
1 cup water
3 tbsp butter
2 tbsp flour
3 tbsp milk
salt and pepper, to taste

Clean tenderloin very well, cutting away all fat. Cut meat in slices crosswise and then in finger shape pieces. Salt and pepper the meat, then brown in butter for a few minutes; take meat out and put aside. Brown the onions and sliced mushrooms in that same butter until golden brown, return the meat. Then add flour, ketchup, lemon juice, consommé and water and simmer, covered, for about 20 minutes. Just before serving add the milk (or sour cream) and mix. Serve with shoestring potatoes or egg noodles.

Margot Nathan

POT-AU-FEU

France

1/2 to 1 kilo beef (rump, plate or brisket)
1 kilo bones (ribs, leg, etc.)
6 cups water
2 tbsp salt
1 bay leaf
1 clove
3 carrots
1 turnip
6 leeks
2 stalks celery
1 onion
1 tbsp peppercorns

Cover meat and bones with water, bring to a boil and simmer for 5 minutes. Remove meat and bones, place them in a clean pot and discard the water they were boiled in. Add salt and 6 cups of fresh water; slowly bring to a boil, skimming continuously until bubbles stop rising to the top. Add bay leaf, clove and peppercorns; simmer until meat is tender, about 3 hours. Cut vegetables into desired size and shape and add to soup; cook until vegetables are tender.

To serve: Strain soup and serve in cups. Slice beef and arrange on a platter; surround with the vegetables.

Vina B. Schlachterman

LAKSA

Philippines

2 cups banana heart (puso), sliced thin
1/2 kilo tenderloin, cut in 1 inch squares
5 cups water
2 cloves garlic, chopped
1 small onion, chopped
1/2 kilo shrimps, shelled
1 cup diced squash, squeezed
1 cup sotanghon, soaked (rice noodles)
2 cups squash leaves, stems and flowers
salt and pepper, to taste
4 tbsp oil

Mash banana heart with 2 tbsp coarse salt and squeeze until liquid runs out. Cook tenderloin in 1 cup water until almost tender. Sauté garlic, onion, shrimps, banana heart and squash in oil. Add meat and 4 remaining cups of water, the sotanghon, squash leaves, stems and flowers; season with salt and pepper. Cook until vegetables are done; serve with rice. Serves 6.

Remy Baer

KEBE FIL SENEEYE

Syria

Filling:

1/2 lb ground beef or lamb
3 tbsp ground fat
1 onion, chopped
2/3 cup water
1/2 tsp allspice
1/2 tsp cinnamon
1 tbsp pine nuts
2 tbsp chopped walnuts
3/4 tsp salt

Add water to beef, fat and onion; simmer until water is absorbed but meat still moist, about 45 minutes, mixing occasionally. Remove from fire, add salt, allspice, cinnamon, pine and walnuts; mix well and set aside.

Dough:

1/2 lb ground beef or lamb, lean
1-1/2 cups medium cracked wheat (burghol)
1-1/2 tsp salt
1/2 tsp cumin
3 tbsp tomato paste
additional cumin
powdered red pepper
ground fat

Mix meat, wheat, salt, 1/2 tsp cumin and tomato paste; grind twice. Knead and divide dough in 2 parts, 1 slightly larger than the other. Press the smaller part, firmly and evenly, into an 8 inch greased baking pan or dish. Spread with filling, cover with remaining dough; pat down evenly. Sprinkle with cumin and pepper; cut into diamond shaped pieces with a sharp knife; dot with fat. Bake in a 350° oven until browned, about 50 to 60 minutes. Serve hot in the same dish used for baking.

Julia Picciotto

PASHTEDA (BAKED BEEF AND LIVER)

Israel

1/2 lb ground beef
1/4 lb ground liver
2 large potatoes, boiled and mashed
2 onions, chopped
salt, pepper and nutmeg, to taste
1 egg, separated

Mix thoroughly: Beef, liver, potatoes, onions, seasonings, and egg yolk. Fold in stiffly beaten egg white. Place in baking dish and bake in 350° oven about 30 minutes.

Dina Thischby

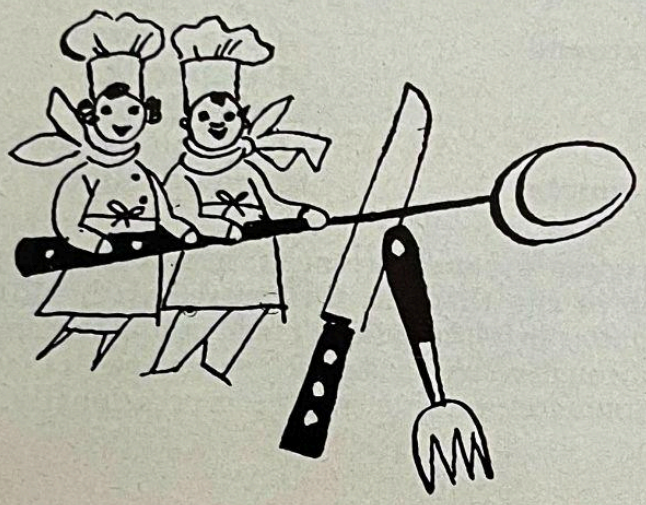
RIZ IB HEMOS (BEEF, CHICKPEAS AND RICE)

Syria

1/2 lb beef, cubed
4 tbsp oil
2 cups water
1 cup rice
1 tsp salt
1/2 tsp allspice
1 can chickpeas

Brown beef in 2 tbsp oil, add water and cover; cook until meat is tender. Drain and shell chickpeas; add to meat. Wash rice, add salt and allspice and fry in remaining oil, over low flame, about five minutes. Combine rice with meat mixture, making sure at least 1-1/2 cups liquid remain before adding rice. Cover, cook over high flame for 10 minutes, then lower flame and cook for 10 minutes longer.

Grace Haber



MEAT LOAF

U.S.A.

1 lb ground beef
1/2 lb ground veal
1 onion, chopped
1 green pepper, chopped
1 celery stalk, chopped
salt and pepper
1 cup milk
1 cup breadcrumbs
1 egg, slightly beaten
1 tbsp butter
3 cups canned tomatoes

Combine beef and veal, add rest of ingredients, except tomatoes, and form into a loaf. Place in loaf pan and cover with tomatoes. Bake 1-1/2 hour, basting often. Serve with tomato gravy.

Complimentary

KEBAB IB GERAZ (MEAT BALLS WITH CHERRIES)

Syria

1 lb ground beef
salt and pepper, to taste
1 #2 can bing cherries
3 tbsp tamarind sauce
french bread, sliced
2 bunches parsley, chopped

Add salt and pepper to the ground beef and form into small meatballs. Steam meatballs for a few minutes, then add the cherries (including juice) and tamarind sauce. Cook over moderately low flame until meat is tender and about half the liquid remains.

Arrange the sliced bread on a platter; spread the meatballs and cherries over bread and sprinkle with parsley. Serve hot.

Grace Haber

BEEF CROQUETTES WITH TOMATO SAUCE

U.S.A.

1-1/2 lb beef, ground
1-1/2 tsp salt
pepper, to taste
2 tbsp water
fine dry bread crumbs
1 egg, beaten
1 tbsp milk
3 tbsp butter
1 #2 can tomatoes
1 onion, sliced

Add salt, pepper and water to meat; mix thoroughly and form into croquettes. Dip in egg that has been mixed with milk; roll in bread crumbs. Heat butter in a heavy skillet, add croquettes and brown evenly. Rub tomatoes through a sieve and pour over croquettes; add onion, cover, simmer 20 to 25 minutes, turning croquettes occasionally. Serve hot.

Lolita Swiryn

EMBUTIDO

Philippines

1 kilo ground beef
1 raw egg
4 tbsp flour
salt and pepper, to taste
sweet pickles
3 hard boiled eggs
2 longanisa (sausage)
beef broth

Mix meat, raw egg, flour, salt and pepper thoroughly; spread on a cloth. Slice pickles, eggs and sausages and arrange on meat mixture. Roll (as for jelly roll) and wrap with cloth, tying both ends and sewing up opening. Place in pot, cover with broth and simmer about 1 hour. Before serving, remove from cloth and slice. Serve with tomato sauce.

Vina B. Schlachterman

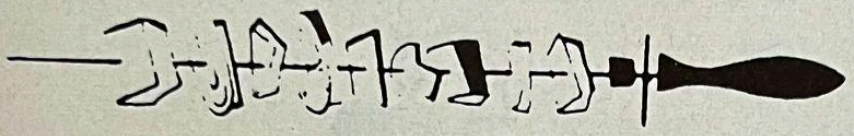
GROUND BEEF CASSEROLE

U.S.A.

1 onion, minced
butter or shortening
1 lb beef, ground
salt and pepper
1 #2 can green beans
1 can tomato soup
4 or 5 large potatoes
1/2 cup warm milk
1 egg, beaten

Brown onion in butter, add meat, salt and pepper; cook for a few moments. Add drained green beans and tomato soup; mix and pour into a buttered baking dish. Boil potatoes until soft, mash; add milk, egg, salt and pepper, and beat well. Spread over meat mixture and bake in a 350° oven about 30 minutes.

Norma Bradlyn



KEBAB

Turkey

1 lb ground beef
1 to 2 tbsp ground suet
1 handful breadcrumbs
1 onion, chopped
1 tsp tomato paste
1/2 tsp allspice
1/2 tsp cinnamon
salt, to taste
1 to 2 tbsp parsley, chopped

Mix all ingredients very well; form into thick finger shaped meat rolls (kebab). Broil on skewers over charcoal fire. Serve piping hot.

Naomi Musry

SLOPPY JOES

U.S.A.

1 lb beef, ground
1/4 cup vinegar
1 can tomato sauce
2 tbsp sugar
1/2 cup water
1 tsp chili powder
1/2 tsp Worcestershire sauce
dash of tabasco
1 onion, minced
1 clove garlic, minced

Brown meat, add rest of ingredients, simmer until mixture is well blended and of fairly thick consistency; stir occasionally while cooking. Serve hot on hamburger rolls.

Norma Bradlyn

MEAT BALLS

Bulgaria

1 lb beef
1 lb veal
1/2 cup onions, chopped
1/2 cup bread crumbs
2 cups milk
2 egg yolks
1 egg white
salt and pepper
1 tbsp flour
1 cup sour cream

Grind beef and veal together 3 times, mix in onions and sauté in oil. Add bread crumbs, milk, eggs, salt and pepper. Mix thoroughly and refrigerate 1 hour. Form meat balls and fry in deep hot fat. Remove meat balls from fat, add flour and cream to juices left in pan, stir until smooth. Put balls back and simmer 10 to 15 minutes.

Complimentary

GEFUELLTE MILZ (STUFFED SPLEEN)

Germany

1 spleen, about 2 lbs
1 large onion, chopped
1 hard roll
1 tsp salt
1/4 tsp pepper
3 eggs, beaten
butter

Clean the spleen and make a slit in the center. Scrape out all the meat with a spoon—meat will be cut up in small pieces with this process. Sew up the slit in the spleen with a large needle and thread, then fold the spleen over and sew it together, forming a bag, and leaving an opening at one end.

Add onion, salt, pepper and half of the roll, chopped fine, to meat. Dice the other half roll and fry in a little butter about 2 minutes, then add it, and the butter, to the meat. Add the eggs and mix well. Fill spleen bag with meat mixture and sew up the opening.

Place spleen in 1 qt boiling water, to which 2 tsp salt have been added. Simmer, covered, about 2-1/2 hours, or until spleen is tender. Take spleen out of liquid, dry it, and brown in 3 tbsp butter. Add some of the liquid meat was cooked in to make a gravy.

The Simkes

STUFFED CABBAGE LEAVES

Hungary

1 large cabbage, preferably green
1 kilo ground beef
salt and pepper, to taste
1/2 tsp paprika
1 tbsp raw rice
1 large onion, minced
4 ripe medium sized tomatoes, peeled and sliced
2 to 3 bay leaves
2 cloves garlic, minced
few peppercorns, whole
caraway seeds
1 large can sauerkraut

Blanch cabbage and separate leaves carefully. Mix meat, salt, pepper, paprika, rice and 1 tbsp water. Put some of this mixture on each cabbage leaf (if leaves are small, use 2 or 3); roll.

Fry onion in butter until yellow, then carefully add cabbage rolls, tomatoes, bay leaves, garlic, peppercorns and caraway seeds; cover and steam. Turn rolls occasionally and simmer until soft, about one hour. Remove rolls from sauce. Add sauerkraut that has been squeezed a little to sauce and cook 5 to 10 minutes. Return cabbage rolls and heat again.

Pour some sour cream over rolls before serving. Best served with riced potatoes.

Helen Frieder

CABBAGE ROLLS

Bulgaria

cabbage
1/2 lb ground beef
1/2 lb ground veal
1 onion, minced
1-1/2 tsp salt
1/4 tsp pepper
1/4 tsp oregano
1/2 cup rice (raw)
1 can tomatoes

Boil cabbage for 5 minutes, remove from water and separate leaves. Mix all other ingredients together, except tomatoes. Place some of the mixture in each cabbage leaf and roll; fasten with a toothpick and arrange in a saucepan. Add tomatoes, cover, simmer about an hour and a half.

Complimentary

STUFFED TOMATOES

Syria

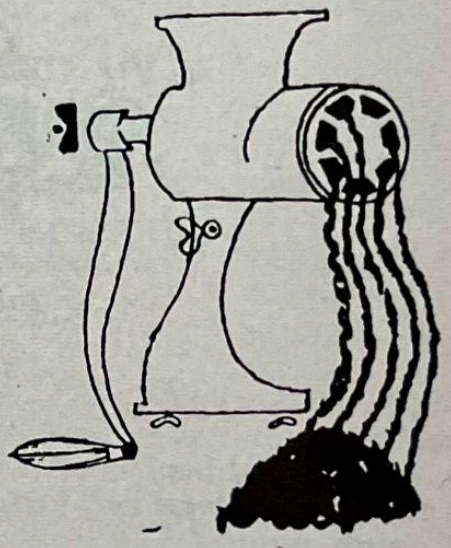
12 to 14 medium sized green tomatoes
1/2 lb ground beef
1 tbsp beef fat
1/2 cup rice (raw)
1 tsp salt
1/4 tsp cinnamon
1 tbsp oil
1 to 2 cloves garlic, crushed (optional)
2 tbsp sugar
juice of 2 lemons
1 heaping tbsp tomato paste
1-1/2 cup water
1/2 tsp allspice

Remove stems and scoop out seeds and pulp of tomatoes, using a corer and taking care to keep tomatoes intact. Add salt, cinnamon and allspice to rice and mix, then add meat and fat and mix again. Stuff tomatoes loosely with meat mixture. Place oil in casserole, add garlic and arrange tomatoes in layers, open side up and cook over low fire 10 minutes. Mix sugar, juice and tomato paste with water and pour over tomatoes. Weigh down with plate and cover. Bring to a boil, then lower flame and cook until very little sauce remains—about 1 hour.

Julia Picciotto

STUFFED GRAPEVINE LEAVES

Greece



1 lb ground beef
1 tbsp ground suet
1/2 cup uncooked rice
1 tbsp Wesson oil
1 clove garlic, crushed
salt and pepper, to taste
1/2 tsp allspice
grapevine leaves, canned
3 tbsp tamarind or pomegranate sauce
sugar, to taste (about 1 tbsp)

Mix first seven ingredients together. Soak grapevine leaves in cool water for a few moments. Put some of the meat mixture in each leaf and roll, with sides folded in so that filling doesn't spill out. Arrange the rolled leaves in layers in a pot; cover with water mixed with tamarind sauce and sugar. Weigh down with a plate. Cover, bring to a boil, then lower flame and cook until almost all the liquid boils down—about one hour.

Naomi Musry

STUFFED EGGPLANTS

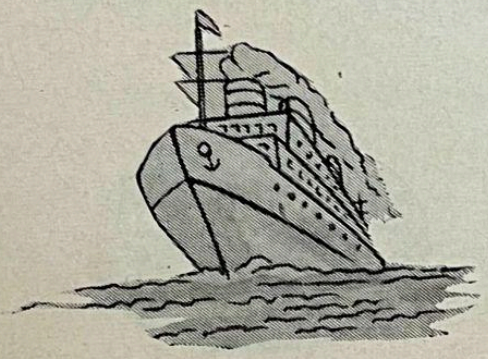
Philippines

3 large eggplants
3 cloves garlic
1 tbsp oil
1 small onion, chopped
1 cup ground beef
1/2 cup tomatoes, chopped
salt and pepper
3 eggs, beaten
1/2 cup bread crumbs
3 tbsp butter

Remove stems and boil eggplants in a large amount of salted water for 15 minutes. Drain and cut in halves, crosswise. Remove pulp from shell, with a spoon, and chop. Take care to leave shell intact. Sauté garlic in oil, add onion and brown; then add beef and cook until tender. Add eggplant pulp, tomatoes, salt and pepper. Remove from fire and stir in eggs.

Place eggplant shells in buttered pan and fill with meat mixture. Sprinkle with bread crumbs and dot with butter. Bake in 350° oven for 45 minutes. Decorate with tomato catsup. Serves 6.

Remy Baer



CHATSILIM MEMULAIM (BAKED EGGPLANT)

Israel

1 very large eggplant or 2 medium sized
1 onion, chopped
2 tbsp oil
1/2 cup bread crumbs, toasted
1 cup cooked meat, chopped
salt, pepper, paprika, cumin, to taste
1 egg, beaten

Boil eggplants for 5 minutes, then cut in halves, lengthwise. Remove the pulp, leaving a shell about 1/3 inch thick. Mix half of the pulp, chopped, with the meat, bread crumbs, egg, onion fried in oil, and the oil. Add seasonings, stuff the eggplant shells with this mixture, brush top with oil. Bake in a 350° oven about 30 minutes. Serve with grated cheese and a well seasoned tomato sauce.

Dina Thischby

SCHOLET (SMOKED MEAT AND BEANS)

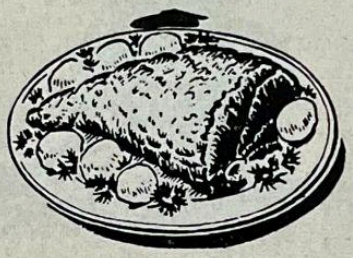
Austria

1 lb dried red beans
1 onion, minced
2 cloves garlic, sliced
butter
1 tsp paprika
few peppercorns
1 can consommé (stock)
No salt
1 kilo smoked corned beef

Soak the beans overnight in water—the water reaching about 1/2 inch above the beans. Fry onions in butter until yellow, add soaked beans and all other ingredients, except meat. Bring to a boil, covered, then continue cooking in a medium oven—season to taste.

Meanwhile, boil the smoked corned beef—if too salty, change the water—putting meat into hot water again, and cook until soft. Slice the meat and when beans are soft, place meat in layers on top, being careful to cover meat slices with some of the liquid from the beans. Cover again and keep hot in oven until ready to serve, basting occasionally. This dish can be prepared in advance—tastes better when reheated. One may then have to add more stock

Helen Frieder



CORNED BEEF

Westphalia, Germany

2 to 3 kilos brisket of beef (meat that has not been frozen is preferable)

For each kilo of meat, mix 1 tsp saltpeter, 2 tsp sugar and 4 tsp salt. Rub the washed and dried brisket with this mixture, then place it in a deep dish. Place some onion rings and bay leaves on meat and put covered dish in refrigerator, turning meat every day. Keep in refrigerator at least 6 days, but not longer than 10.

Before boiling meat, wash off the fluid that has accumulated around it. Boil beef 2 to 3 hours, or until tender. Serve hot with boiled vegetables and potatoes, or cold, sliced, with horseradish or mustard. Good for sandwiches when cold.

Lotte Meyer

BOEUF VINAIGRETTE (COLD BEEF PICARD)

France

8 slices cold boiled beef
2 tbsp oil
1 tbsp vinegar
1/2 tsp salt
1 tsp dry mustard
2 onions, minced fine
2 tbsp minced parsley
1 hard boiled egg, minced
1/4 tsp pepper

Place the sliced beef in a deep serving dish. In a separate bowl mix the oil, vinegar and seasonings, beating well. Pour over the meat, sprinkle with the onions, parsley and egg. Let stand in a cold place about 1 hour before serving. Serves 4-8.

Essie Goldenberg

PAPRIKA VEAL STEAK

Bulgaria

Chop 1 bunch green onions and brown in 3 tbsp fat. Remove onions and set aside. Dredge a 2 lb veal steak in flour and brown in the hot fat. Sprinkle salt, pepper and 1 tsp paprika over meat. Add onions that have been set aside, 1/2 cup sour cream and 2 tsp milk. Cover and cook slowly 35 to 40 minutes or until tender, turning steak occasionally and basting.

Complimentary

WIENER SCHNITZEL

Austria

1 lb veal cutlets, 1/2 inch thick
3/4 tsp salt
black pepper, to taste
1 egg, slightly beaten
1/3 cup fine bread crumbs
shortening

Pound veal cutlets, cut off gristle and cut into desired size. Dip in egg, then in bread crumbs; fry in shortening about 15 minutes. Wiener Schnitzel are never served with sauce—they should be very crisp. Garnish with lemon slices and capers.

Leny Ackermann

VEAL SCALLOPINI

Italy

6 slices veal, cut thin
2 tbsp sherry, heated
1/4 tsp minced garlic
5 large fresh mushrooms, sliced
1 tsp tomato paste
1 tsp Bovril
2 tbsp flour
1-1/2 cups stock
2 tbsp white wine
2 tomatoes, skinned and sliced
butter

Place veal between 2 pieces of wax paper and beat with a mallet. Dust lightly with flour and brown quickly in hot butter. Pour sherry over meat, remove meat from frying pan and set aside. Add 2 tbsp butter to frying pan and cook garlic and mushrooms briskly for 2 minutes. Add tomato paste, Bovril, flour and stock; bring to a boil, stirring constantly. Mix in white wine; add veal, cover and simmer for 20 minutes. Sauté tomatoes in hot butter and arrange on serving platter; place veal slices on tomatoes and top with sauce.

Complimentary

SOSATIES

South Africa

1 leg of lamb
2 lbs veal
2 large onions, sliced
1/2 cup dried apricots, chopped
1 tbsp curry powder
1 tbsp flour
2 tbsp sugar
2 cups vinegar
2 or 3 bruised lemon leaves
salt (1 tsp for each pound of cut up meat)
pepper

1. Cut meat into 1 inch cubes and spread cubes over salt, mixed with a little pepper.
2. Boil onions and apricots in 1-1/2 cups water about 5 minutes.
3. Mix curry, flour, sugar, 1 tsp salt, and vinegar; pour over onions. Boil for 3 minutes; add lemon leaves.
4. Cool the sauce; pour it over the meat and let stand for 2 or 3 days, stirring occasionally.
5. Thread the meat on skewers, placing 5 or 6 pieces on each skewer (not too close together) and grill over charcoal fire.
6. Warm the sauce and serve with the meat.

Tina Frieder

PILAF OF LAMB

Roumania

2 tbsp fat
2 medium onions, sliced
1 clove garlic, minced
1 tbsp chopped parsley
1 kilo lamb shoulder, cut into two inch squares
1-1/2 cups chopped green pepper
1 bay leaf
2 tsp salt
1/8 tsp black pepper
1-1/2 cups water
2 cups cooked rice

Heat fat in skillet, add onions, garlic and parsley; sauté until onions are translucent. Turn heat on full, add meat and toss until slightly brown. Add green pepper, bay leaf, salt, black pepper and water. Turn heat very low and simmer for two hours.

Skim most of the fat off, add rice which has been three/fourths cooked in boiling salted water, and a few drops of lemon juice. Mix rice and stew together. Place in moderate oven (350°) and bake about 30 minutes uncovered. Serve with grated Parmesan cheese. Serves 3 or 4.

Ruth Greenfield

CALDERETA

Philippines

1 kilo goat meat, cubed
1 cup fat or salad oil
5 cloves garlic, crushed
1 large onion, chopped
6 tomatoes, sliced
salt, pepper, paprika
2 cups soup stock
6 potatoes, quartered
1 can pimientos, sliced
1 cup sweet peas
1/4 kilo cooked liver, puréed
hard-boiled eggs

Brown garlic in hot fat or oil. Remove garlic, sauté onion and tomatoes; add meat, paprika, salt and pepper. When partially cooked, transfer mixture to a deeper vessel and add enough soup stock to cover. Simmer until meat is almost tender, then add potatoes and continue cooking until tender. Add the liver purée to thicken gravy, then add pimientos and peas. Serve hot, garnished with sliced eggs.

Vina B. Schlachterman

LAMB AND LIMA BEANS "A LA KAPTZUNIM"

Russia

1 lb dried lima beans
3 to 4 lbs lamb (breast, shanks, shoulder or neck)
onions, celery, garlic—diced
salt
any seasonings, to individual taste

Soak dried beans in cold water for several hours. Drain. Parboil in fresh water but do *not* cook completely. If cooked until done, they will become mushy by the time they are served.

Place lamb in oven roaster and add onions, celery, garlic and seasonings. Add small amount of water and cover. Bake in oven at 325 degrees until lamb is about browned and done. Add drained lima beans to the meat, making sure that they are immersed in lamb fat and juices. Paprika can be used for color. Continue baking beans and lamb. If more liquid is needed, use the cooking water from the lima beans. However, the mixture should be moist without being soupy. The beans should eventually take on a brownish color.

If feasible, let the mixture cool and refrigerate for 24 hours. The beans take on enhanced flavor if not served until a day or two after originally cooked. Can be reheated in oven and then served. If additional liquid is required, add a little boiled water or lima bean liquid.

Note: Has proved to be a hearty "Man's dish."

Irene Davison

LENGUA A LA COLOMBIANA (TONGUE)

Columbia

1 tongue, 3 to 4 lbs
6 tbsp oil
1 large onion, chopped
1 tbsp capers
30 green olives, pitted
1 can tomato sauce
salt and pepper, to taste

Boil tongue until tender, about 2 to 3 hours; skin and slice. Fry onion in oil until golden brown, mix in capers, mashing them a little. Add olives and continue frying for a few moments. Add tomato sauce, salt, pepper, and 1 cup water; boil over moderate fire for 5 minutes. Arrange sliced tongue in a baking dish and add sauce. Bake in a 350° oven for 1 hour or until sauce thickens.

Katie Malca

BEEF TONGUE, SWEET AND SOUR

Poland

3-1/2 or 4 lb tongue
2 onions, sliced thin
2 bay leaves
3 sprigs parsley
1/2 lemon, sliced and peeled
6 whole peppercorns
1 tbsp salt
1 tsp black pepper
1/4 cup blanched almonds
1 tbsp oil
1 tbsp flour
1/4 cup red wine
1/2 cup cider vinegar
1/3 cup sugar
1/4 tsp cinnamon
1/4 tsp allspice
1/2 cup raisins
1 cup soaked prunes

Wipe fresh tongue with a damp cloth, place in a covered pot with enough water to cover. Add onions, bay leaves, parsley, lemon, peppercorns, salt and pepper. Bring to a boil, then simmer 2 to 3 hours, depending on size and tenderness of tongue. When tender, remove tongue from the liquid, skin, and cut off gristle. Return to pot to cool in its own liquid, using an iron pot or a large deep skillet, while preparing the sauce.

To make sauce, combine the oil and flour; slowly add wine and vinegar, stirring constantly until thickened. Add sugar and stir again until all is dissolved; add cinnamon, allspice, raisins, almonds and prunes. Pour this sauce over the tongue and simmer for 30 minutes, turning tongue occasionally and basting every few moments with sauce. Serve tongue sliced, on hot platter, with the raisins, almonds and prunes arranged around it. Serves 6 to 8.

Helen Beck

SWEET SOUR TONGUE

Russia

4 to 4-1/2 lb tongue
cold water to cover
1 clove garlic
1 tbsp whole allspice
1 cup cider vinegar
3/4 cup brown sugar
1/2 cup seedless raisins
1/2 tsp ground ginger

Add water to tongue and boil for 10 minutes. Add garlic and allspice; simmer for 2 hours. Remove tongue from liquid; skin and trim away fatty parts at base. Return tongue to strained liquid, add remaining ingredients and simmer 20 to 30 minutes. Serves 8-10.

Ann Levine

JELLIED CALF'S FEET (GALLERATE OR PITCHARD)

Poland

2 calf's feet
2 minced onions
pinch of pepper
2 tsp salt
5 cloves garlic, crushed
2 qts water

Cook calf's feet in water, with 1 tsp salt, onions and garlic. When water boils down to 3 cups, remove meat, cool and grind it. Strain the broth, mash onions well, and return to broth, adding pepper and 1 tsp salt. Pour some of the cooled broth into a mold (any desired shape), chill in refrigerator until partially jelled. Garnish with sliced eggs, carrots, olives, etc., then carefully add meat, pouring remainder of broth over it. Cover and place in refrigerator overnight to jell. Invert to serve.

Rose Wilson

FLAN DE CERVELLE (BAKED BRAINS)

France

2 calf brains
6 eggs
salt, pepper, nutmeg
tomato sauce

Soak brains 1 hour in water with 1 tbsp vinegar added. Wash, clean, and skin brains; boil about 20 minutes. Remove from water; cut into small cubes. Beat eggs, add brains and seasonings (to taste), mix and turn into a greased mold placed in a pan of hot water. Bake in a 325° oven 30 minutes. Serve with a tomato sauce made according to taste. Serves 6.

Fern Landau

SAUERKRAUT WITH SAUSAGE

Germany

1 #2 can sauerkraut
2 country sausage rings
2 potatoes, peeled and sliced
1 onion, sliced
1 tsp caraway seeds
pepper, to taste

Place all ingredients, except sausages, in a saucepan, cover and bring to a boil. Simmer about 2 hours, adding a little water from time to time. Heat sausages on top of sauerkraut 20 minutes before serving. Serve with mashed potatoes.

Leny Ackermann

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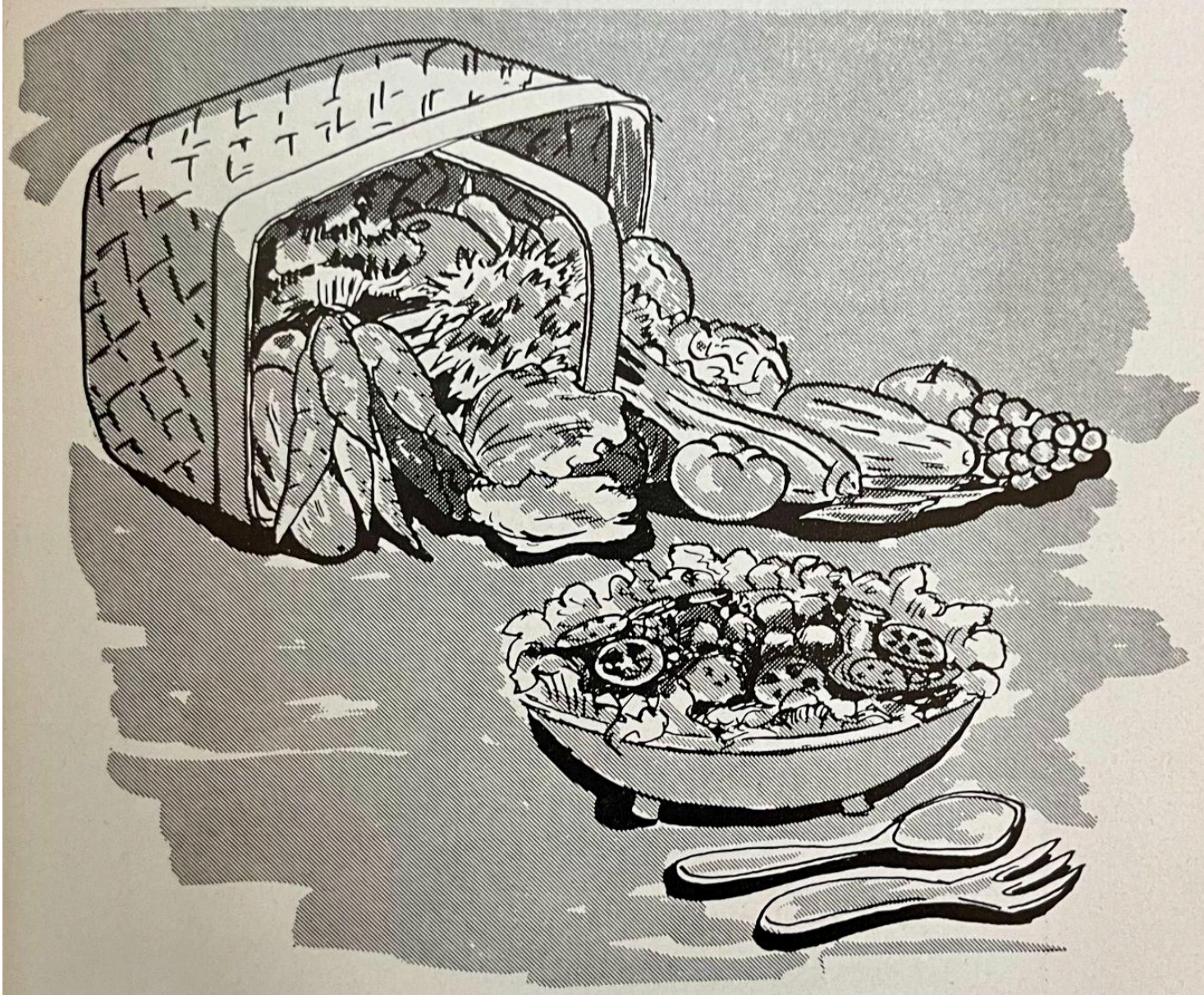

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PASONG TAMO, MAKATI, RIZAL TEL. 8-46-66

KRUV KAVUSH (SAUERKRAUT)

Israel

1 large head cabbage
2 tsp salt
1 carrot, shredded
2 cups cold water
caraway seeds (optional)

Wash and shred cabbage very fine. Sprinkle with salt and mix until it becomes a bit soft. Add carrot and caraway seeds, mix, then add the water, covering mixture. Let stand in a glass container for 2 days, stirring and mixing it 2 to 3 times daily. When it becomes sour, store sauerkraut in refrigerator. Will keep a long time.

Dina Thischby

CABBAGE AND POTATOES

Austria

1 kilo cabbage, shredded
3 to 4 potatoes, cubed
3 tbsp butter
1 tsp flour
salt and pepper, to taste

Heat 2 tbsp butter, add cabbage and potatoes, salt and pepper, and a little water. Simmer, covered, until vegetables are tender; mash. Brown flour in 1 tbsp butter, add vegetables, cook a few minutes longer.

Eugenie Bass

RED CABBAGE

Germany

Shred red cabbage fine, wash. Place a little shortening (chicken fat is the best) in a pot, add 1 medium sized onion, cubed, and cook until translucent. Add cabbage, 1 or 2 green apples that have been cored and quartered, also 2 slices of lemon. Add 4 cloves, placing them in a cheese cloth so they can be easily removed. Cook until soft, but still crisp; do not overcook. Add a little chicken fat; cabbage should appear shiny.

Gertrude Oestreicher

GRANDMOTHER POZNAN'S RED CABBAGE, SWEET AND SOUR

Germany

1 red cabbage (about 1 kilo), shredded
1 cup red wine, Bordeaux or similar
1/2 cup wine vinegar
1 tsp salt
1 small onion, peeled
1 small pkg raisins
1 tsp chicken, goose, or turkey fat, or butter
6 to 8 tbsp sugar

Parboil cabbage with 1 tbsp vinegar; drain very well. Mix wine, remaining vinegar and salt; bring to a boil, add onion (whole, as onion must be taken out before serving) and sugar, little by little. Add cabbage, bring to a boil again, and then simmer for about an hour. Add raisins and fat, continue cooking a few minutes longer.

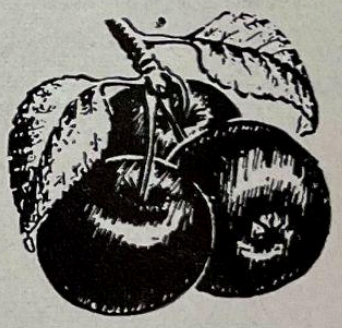
Note: Cabbage tastes much better when reheated so it is an ideal dish to prepare a day ahead.

Marion Tischler

ROTKOHL MIT AEPFEL (RED CABBAGE WITH APPLES)

Germany

2-1/2 lbs red cabbage, shredded
1/4 cup boiling water
3 large cooking apples, pared, cored and sliced
3 tbsp butter or margarine, melted
1/4 cup vinegar
1-1/2 tsp flour
1/4 cup brown sugar, packed
2 tsp salt
dash of pepper



Add water to cabbage and cook, covered, for 10 minutes. Add apples and continue cooking for another 10 minutes, or until tender. Combine rest of ingredients and add to cabbage and apples. Serves four to six.

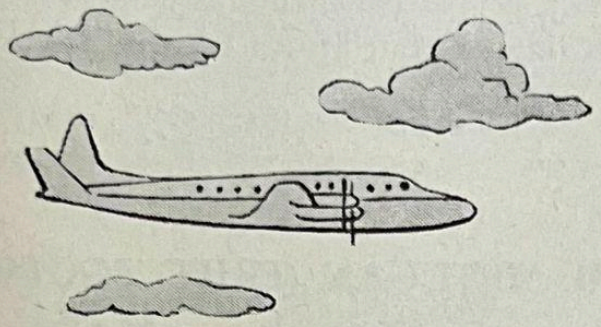
Thea Levy and Jenny Platz

WAX BEANS, SWEET AND SOUR

Germany

String wax beans and cut into serving size pieces. Boil in small amount of salted water, with two slices of lemon or one whole big calamansi, skin and all. Core and quarter an apple or fresh pear; add to boiling wax beans. When nearly done, add a dash of vinegar, sugar to taste, and either butter or chicken fat.

Gertrude Oestreicher



HARVARD BEETS

U.S.A.

1 can red beets
1/4 cup sugar
2 tbsp flour
1/2 cup orange juice
1 tbsp lemon juice
2 tbsp butter
salt, to taste

Combine and boil liquid from beets, sugar, flour, orange and lemon juice, butter and salt. When slightly thickened, add beets, simmer a few moments; serve hot.

Norma Bradlyn

CHATSILIM BEMITZ AGVANIOT (FRIED EGGPLANT CASSEROLE)

Israel

1/2 kilo eggplant
2 onions, sliced
2 cloves garlic, sliced
4 tomatoes, chopped
1/2 green pepper, chopped
parsley, chopped
salt and pepper, to taste

Peel eggplants, slice lengthwise. Sprinkle with salt and let stand in the sun for a few minutes, then dry with paper towels. Fry in oil, on both sides; put aside. Fry garlic and onions until brown, add tomatoes, green pepper, salt and pepper. Cook over low fire, until tomatoes are soft. Add parsley and the fried eggplant, continue cooking over low fire, covered, for a few more moments. May be served either hot or cold.

Ziona Golan

EGGPLANT FRITTERS

U.S.A.

1 large or 3 small eggplants
2 tsp butter
1 egg
salt and pepper
flour
fat for frying

Boil eggplant for a few moments, scoop out meat and chop. Mix with butter, egg, salt, pepper and enough flour to hold mixture together. Drop by spoonfuls into hot fat; brown evenly. Drain on brown paper and serve hot.

Dolores Kraichman

CHATSIL METUGAN (FRIED EGGPLANTS)

Israel

300 to 400 grams eggplants
2 eggs, well beaten
salt and pepper, to taste
oil for frying
4 tbsp flour

Peel and slice eggplants, sprinkle with salt and let stand for 30 minutes. Mix eggs, flour, salt and pepper, beat until smooth. Dip eggplants in mixture and fry until golden brown. Serve with ketchup, mustard, or tomato sauce.

Dina Thischby

IMJEDRA (LENTILS WITH RICE)

Syria

3/4 cup lentils
1 cup rice
1-3/4 cup water
1 tsp salt
1 onion, sliced
2 tbsp oil

Cook lentils in water about 10 minutes or until a little soft. Add salt and washed rice; mix. Cook over medium fire, uncovered, a few moments until water is almost absorbed. Cover, lower flame and continue cooking about 20 minutes or until rice is tender. Fry onion in oil and pour over imjedra; mix lightly. Continue cooking over low flame a couple of moments longer. Good served with yogurt (page 49).

Naomi Musry

FRIJOLES EN ACEITE DE OLIVA (KIDNEY BEANS)

Colombia

1 lb kidney beans
8 cups water
1 head garlic, whole
2 cloves garlic, mashed
1 onion, chopped
8 tbsp olive oil
salt and paprika, to taste
grated cheese

Boil beans in water, with whole garlic, until soft. Remove garlic and discard. Fry mashed garlic and onions in olive oil until golden brown, add beans and water they were boiled in. Season with salt and paprika, mix and simmer about 30 minutes or until sauce thickens. Turn into baking dish, sprinkle with cheese, bake in a 350° oven for 30 minutes.

Katie Malca

PRUNE AND SWEET POTATO TZIMMES

Lithuania

3 medium sized sweet potatoes, peeled
1/2 lb prunes, pitted
brown sugar or honey, to taste
salt, to taste
1/2 lb fatty meat or 1 large fatty bone
1/2 tsp cornstarch, diluted in 2 tbsp cold water

Cut potatoes into 1 inch slices. Place meat or bone in center of casserole, cover with alternating layers of potatoes and prunes. Cover with cold water and cook over medium flame about 30 minutes. Add sugar and salt and continue cooking until most of liquid is absorbed. When done, add the diluted cornstarch and boil rapidly a few moments.

30 minutes before serving, place in moderately hot oven and bake until brown.

Lillian Davison

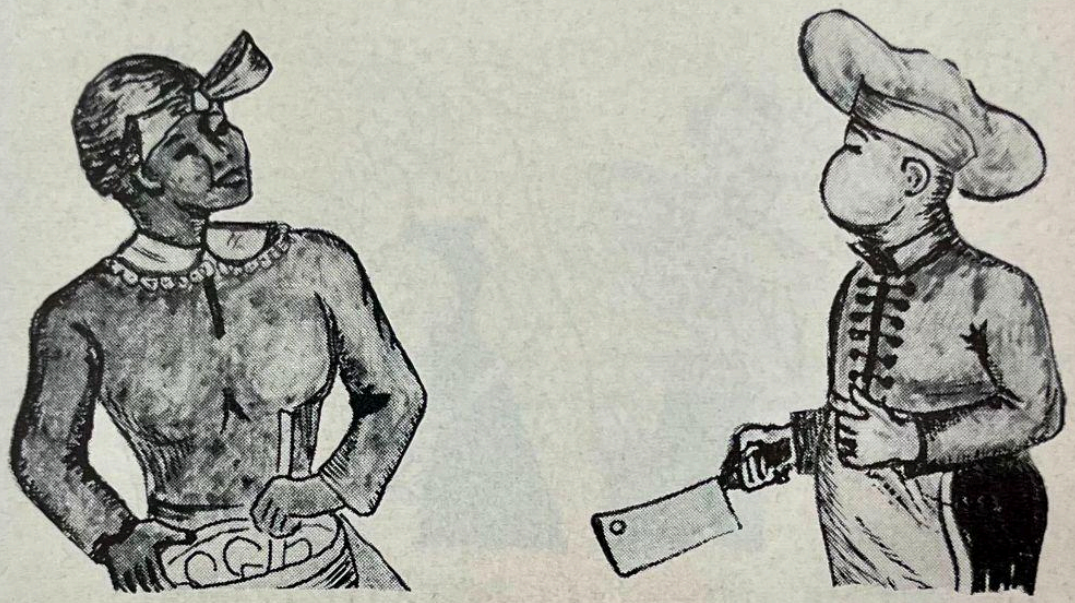
OKRA

Greece

1/2 kilo okra
3 or 4 cloves garlic
2 tbsp tomato paste
juice of half lemon
dash of sugar
dash of salt

Wash okra, cut ends off, cut into 1-1/2 to 2 inch pieces; fry, with garlic, in oil until golden brown. Add remaining ingredients and water to cover. Cover, bring to a boil, then lower flame and simmer about an hour. Some sauce should remain. If desired, a few dried pitted prunes may be added to ingredients.

Naomi Musry



GUMBO GOUTER

Louisiana, U.S.A.

1 large eggplant, peeled and diced
3 green peppers, sliced
1/2 lb okra, cut in 1 inch slices
2 large onions, chopped
1 clove garlic, minced
1 tbsp butter
1 can tomatoes
1/2 tsp sugar
salt and cayenne pepper, to taste
1 kilo shrimps or fish, boiled

Heat butter in a saucepan, add all ingredients except shrimps, cover and simmer for 1-1/2 hours. Add a little water and mix frequently while cooking. Combine with shrimps just before serving.

Dolores Kraichman

POTATO BALLS

Czechoslovakia

Boil 1/2 kilo small potatoes in salted water until soft. Remove from water and cool. Peel and mash. Add salt and 1 egg and about 2 cups flour. Knead well, absorbing most of the flour. Using floured board, roll dough into golf-sized balls. Bring some salted water to a brisk boil, then add potato balls. When balls float to the top, continue boiling for approximately 5 minutes. To test, remove 1 ball and split in half to see if center is cooked—should be fluffy. Serve with beef and gravy.

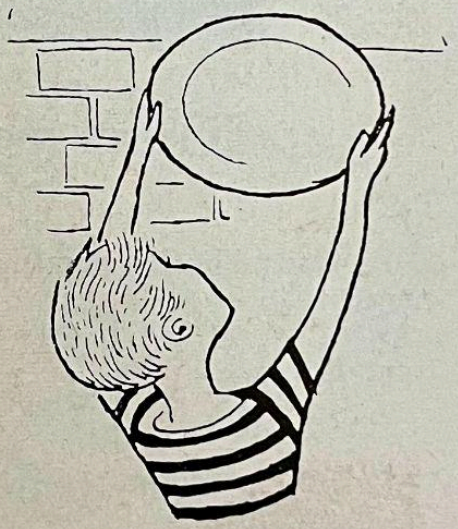
PRUNE BALLS

Soak prunes overnight. Remove pits. Prepare same dough as for potato balls (above); roll out very thin; cut into 4 inch squares. Place 1 prune into each square, then roll up into a ball. Boil balls briskly in salted water until they float to the top. Remove from water. Serve with melted butter and sugar, and either finely ground poppy seeds or fried bread crumbs. Delicious when hot. Nice as a dessert.

Gertrude Oestreicher

POTATO DUMPLINGS

Germany



6 medium sized potatoes
3 eggs
6 tbsp flour
bread crumbs
salt, to taste

Boil potatoes in their jackets and let stand for a few hours or overnight; peel and mash. Add eggs, flour, and salt, then roll into little balls; chill in refrigerator about an hour before cooking. Simmer in slightly salted water; when dumplings are done they will rise to the top. Serve hot with bread crumbs browned in melted butter.

Note: Make one dumpling and test it; if it does not hold, add a little flour.

Helen Beck

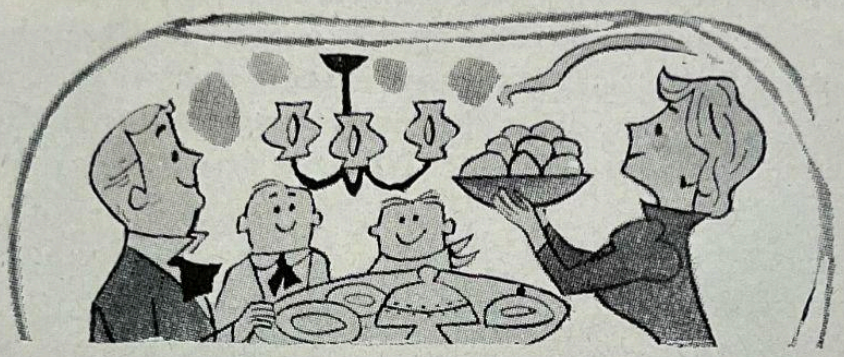
HENNEBERGER WALDKLOESSE (POTATO DUMPLINGS)

Thuringia, Germany

Grate 10 to 11 large potatoes. Soak in lukewarm water for a while. Take potatoes out of water, squeezing them as dry as possible. Set water aside. Add enough boiling milk to potatoes to form a soft mash. Add salt, to taste, and the starch that has settled in the water that has been set aside. Add some boiled, cold, grated potatoes, 1 egg and 1/2 tsp baking powder, and mix. Form into large balls, placing some croutons in the middle of each one. Drop carefully into boiling water and boil for 30 minutes. Good served with pot roast and gravy.

Leftovers are delicious when sliced and browned in butter.

Lotte Meyer



LEVIVOT (POTATO PANCAKES)

Israel

6 medium sized boiled potatoes, mashed
2 eggs
1/2 cup flour
1/2 cup chopped sausage, or some fried onions
salt, pepper and ginger powder, to taste
1 tsp baking powder

Mix all ingredients together and knead. Form small pancakes and fry in deep hot oil.

VARENIKI (STUFFED POTATO PANCAKES)

Prepare same dough as for LEVIVOT, excluding the sausage. Roll dough 1/3 inch thick on floured board; cut into small squares. Combine chopped cooked meat or liver, onion fried in oil, the oil, and salt and pepper. Put some of meat mixture on each square, fold over, pinching the edges together firmly. Bake on a well greased cookie sheet in a 350° oven until golden brown. Serve hot.

Dina Thischby

KARTOFFEL PUFFER (POTATO PANCAKES)

Germany

5 tbsp flour
1-1/2 lbs potatoes, pared
1 small onion
1 egg, unbeaten
1-1/2 tsp salt
1/8 tsp pepper

To prevent darkening, plan to fry and serve pancakes as soon as batter is made.

Measure flour into medium sized bowl and cover. Grate potatoes and onion, using fine grater. Quickly stir in egg, salt and pepper. Add to flour and mix well. Place lightly greased heavy skillet over medium fire. Drop heaping tablespoonfuls of potato mixture onto hot skillet. Fry until crisp and golden brown on one side, turn and brown on the other. Drain on paper towels.

Serve with apple or cranberry sauce.

Thea Levy and Jenny Platz

POTATO SALAD WITH HERRING

Germany

1 kilo small salad potatoes
1 medium sized white onion, minced
1 medium sized dill pickle, minced
1/4 tsp pepper
1/2 to 1 tsp salt
1/2 cup vinegar
1 herring or 1 large rollmops
1/2 cup oil
1/2 tsp sugar

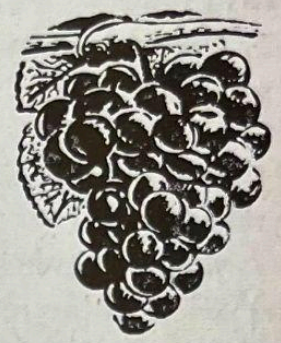
Boil potatoes in their jackets; peel and dice. Cut herring into very small pieces. Mix vinegar, oil, salt, pepper and sugar and shake very well in a bottle or jar. Add onion, dill pickle and herring, shake and pour over diced potatoes. Mix with two large spoons; cover; refrigerate.

Note: For plain potato salad, omit herring.

Marion Tischler

TABBULEH

Lebanon



2-1/2 cups parsley, *very* finely chopped
4-1/2 cups tomatoes, seeds removed, minced
1 cup green onions, minced
1/4 cup fresh peppermint leaves, *very* finely chopped
1 small onion, minced (optional)
1 tbsp salt
1/2 to 3/4 tsp black pepper
2 to 3 tbsp lemon juice
2 tbsp olive oil
1/2 cup fine cracked wheat (burghol)

Wash the wheat and drain, using a fine sieve; set aside while chopping vegetables. When vegetables are ready, combine with wheat and rest of ingredients.

Makes 5 cups of salad. Serve with crisp lettuce leaves, steamed cabbage leaves, or rolled in grape leaves, fresh from the vine.

Note: This is a general recipe. Any ingredient may be measured, more or less, according to taste.

Helena Bernstein

CREAMY COLE SLAW

U.S.A.

Mix:
1 lb cabbage, shredded
1 carrot, grated
1 tbsp diced green pepper
1 tbsp diced red pepper
1 celery stalk and leaves, cut fine
1/2 tsp minced parsley
1/2 tsp minced fresh dill
1 tsp coarse salt
1 small can pineapple (reserve juice)

Dressing:
1 tbsp sugar
6 heaping tbsp mayonnaise
2 tbsp sour cream
1/2 tsp lemon juice
juice from canned pineapple
1/4 tsp caraway seeds

Beat all ingredients thoroughly until smooth, using a fork. Place cabbage mixture in a jar, pour dressing over it; refrigerate overnight.

Irene Davison

SALADE MACEDOINE

France

1 small head celery, diced very fine
2 medium sized boiled potatoes, diced very fine
1/2 cup cooked green peas
1 cup cooked string beans, sliced fine
2 cucumber pickles, diced
1 tbsp finely diced green pepper
salt and pepper, to taste
vinegar
homemade mayonnaise

Combine all vegetables; season with salt and pepper and soak in vinegar for a few hours. Before serving pour off most of the vinegar and mix salad with mayonnaise.

Note: Capers, chopped parsley and chopped onions may be added.

Tina Frieder

JAEGER SALAD (HUNTER SALAD)

Germany

6 boiled potatoes, sliced
1/2 white cabbage, shredded
2 dill pickles, minced
2 celery sticks, minced
1 large onion, minced
1 cup mayonnaise
2 tbsp vinegar
1/2 tsp horseradish
1/4 tsp white pepper
1/2 tsp salt
12 stuffed olives, sliced

Mix all ingredients thoroughly and chill in refrigerator overnight. Garnish with hardboiled eggs and additional dill pickles. Serve with cold meat or frankfurters.

Charlotte Goldhagen

SALAT CHATSILIM (EGGPLANT SALAD)

Israel

300 to 400 grams eggplants
juice of 1 lemon
3 hardboiled eggs, chopped
1 onion, chopped
3 tbsp salad oil
1 tomato, chopped
2 cloves garlic, finely chopped
1/2 tsp pepper, freshly ground
salt, to taste
dash of paprika
1 tbsp green pepper, chopped

Broil or bake eggplant; peel and mash with a wooden spoon or fork. Pour lemon juice over it immediately so that color will remain light. Add eggs, onion, garlic, oil, pepper, paprika and salt; mix well and beat until mixture becomes fluffy. Add tomato and green pepper, mix again and chill.

Note: Mayonnaise may be added, but then only 1 tbsp oil should be used.

Dina Thischby

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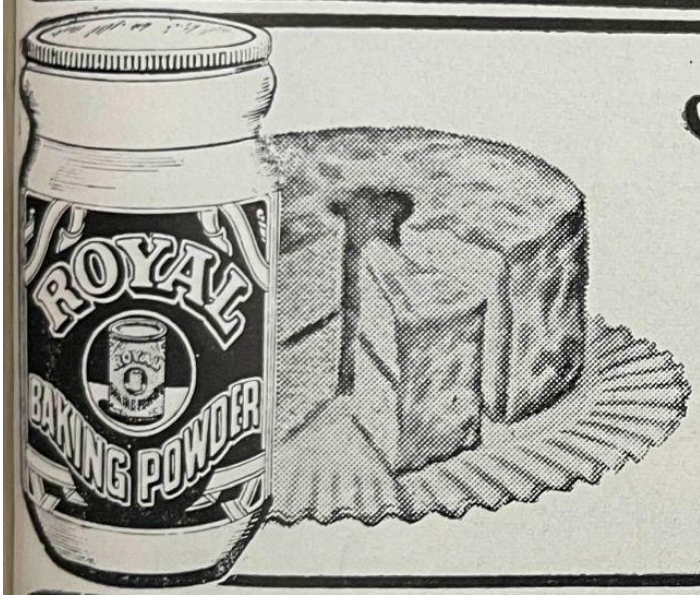

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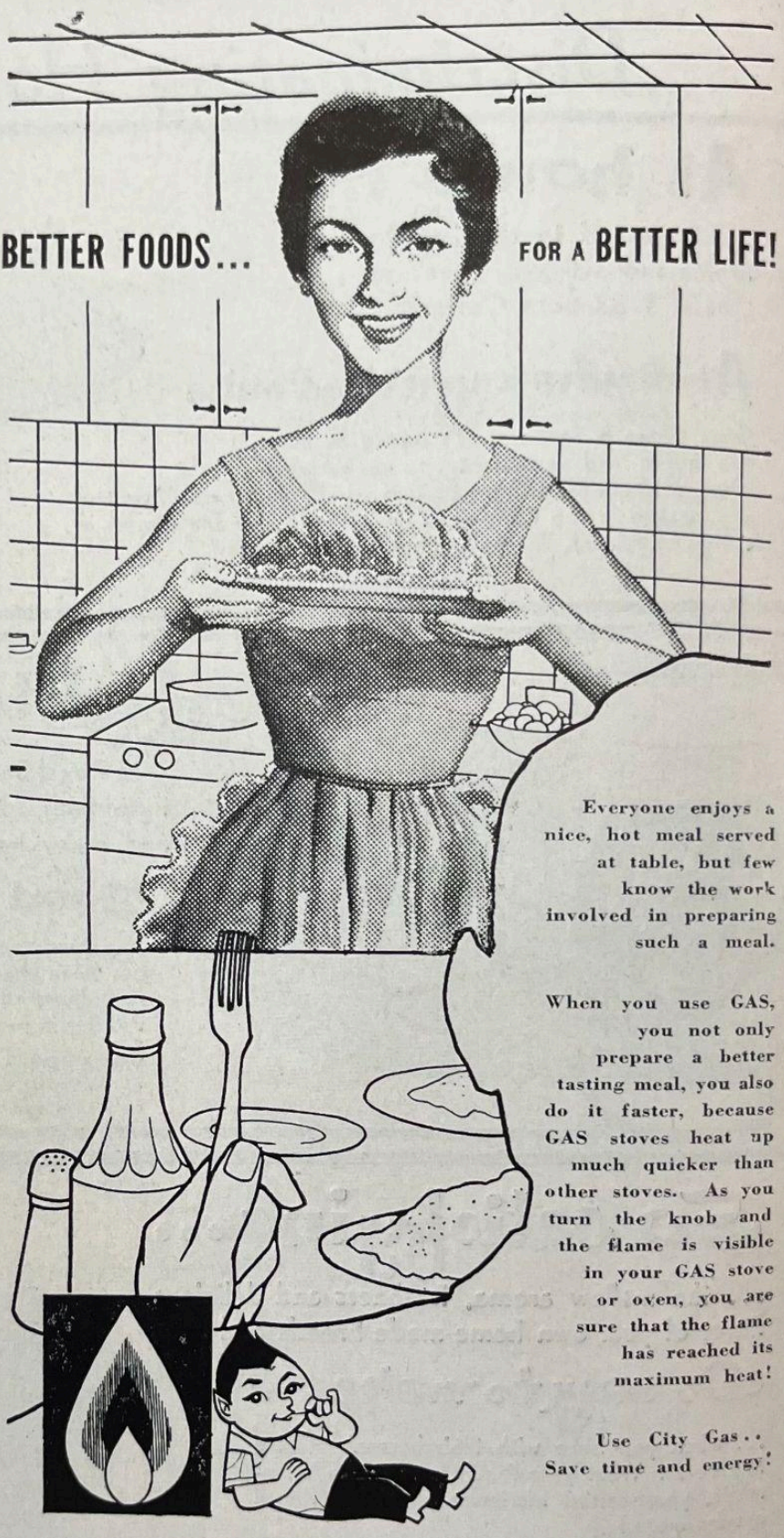

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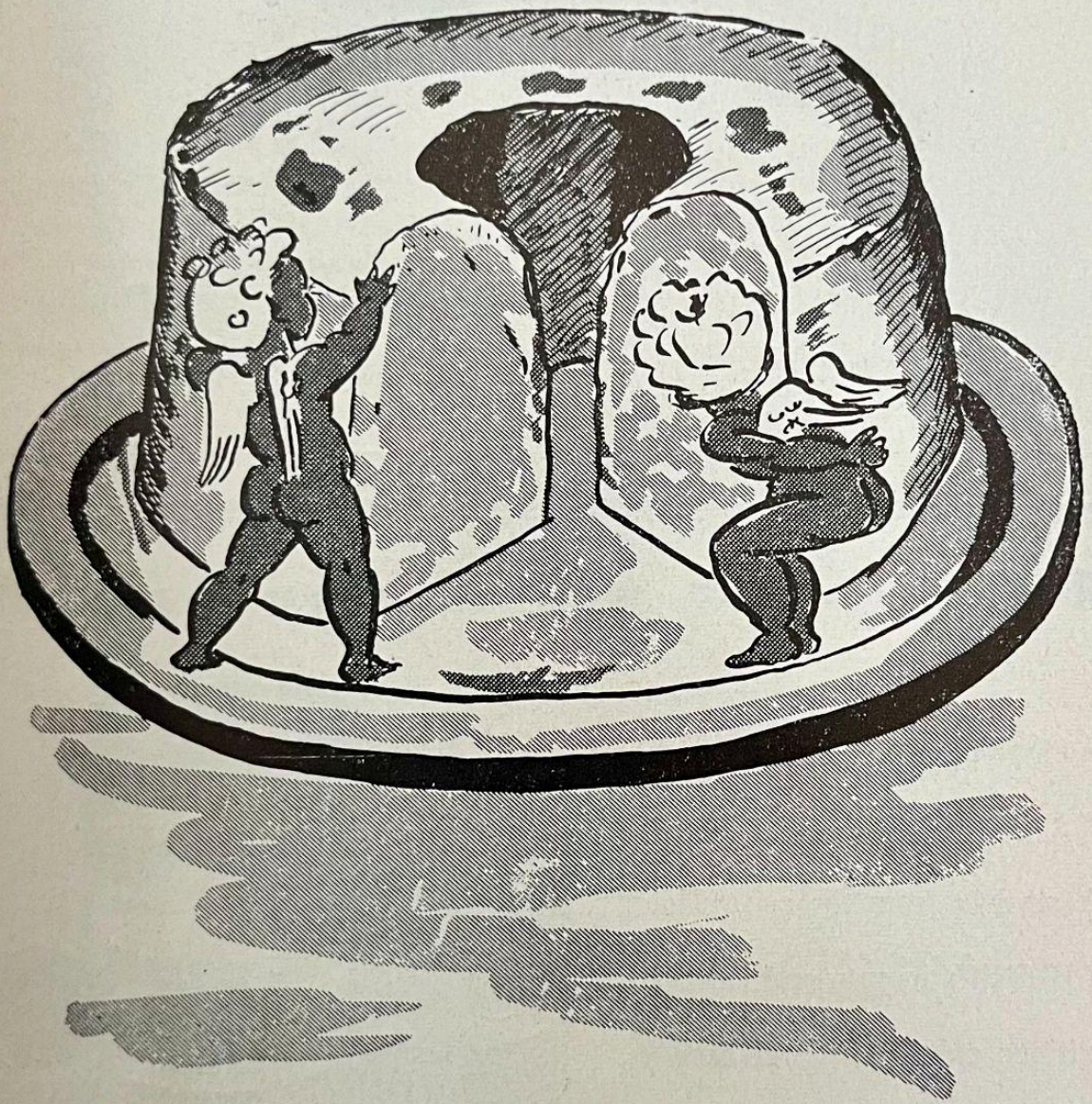

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WHOLE WHEAT BREAD

Germany

4 cups whole wheat flour
2 cups water
1 handful coarse salt
2 tbsp caraway seeds
1-1/2 tbsp yeast, heaping

Place flour in a large bowl, making a well in the middle. Pour 1 cup water into well and sprinkle yeast on top of water. When yeast dissolves, mix a little flour with it and let rise for 15 minutes in a warm place. Sprinkle salt and caraway seeds on top of flour. Stir some more flour into the yeast mixture, add the other cup of water and mix together with all the flour. Knead the dough very well for a few moments, then form a loaf and let rise in a warm place until double in bulk. Knead the dough thoroughly a second time, form a loaf again and place it on a floured baking sheet. Let rise in warm place until double in bulk, then bake in a preheated 550° oven for 10 minutes. Lower heat to 450° and bake about 30 minutes longer. Take bread out of oven, brush quickly with water so that it will be shiny, put it back into hot, unlit, oven 2 to 5 minutes.

Gerda Lester

RYE BREAD

Germany

4 cups rye flour
4 cups whole wheat flour
4 cups white flour
5 tsp dry yeast
2-1/2 cups warm water
1 tbsp sugar
salt, to taste
caraway seeds, optional
melted shortening

Mix yeast and sugar with half cup of warm water, let stand till well dissolved— about 15 minutes. Sift the 3 kinds of flour together, put in a bowl, make a well in the center and pour the yeast mixture into it. When the yeast starts rising, slowly add the remaining warm water, the salt and caraway seeds. Mix everything well, then knead about 10 minutes until the dough is very smooth. Place in a greased bowl, cover with a towel and let rise in a warm place until double in bulk. Knead dough again, then form into loaves, or place into 3 greased loaf pans, and let rise once more. Brush surface of loaves with melted shortening and bake in a 350° oven about one hour.

Gerda Eulau

SABBATH TWIST

Germany

2 cups milk, scalded
2 tbsp shortening
2 tbsp sugar
1 tbsp salt
1 tbsp dry yeast
7 cups flour
1 egg
poppy seeds

Mix first 4 ingredients, let cool till lukewarm. Dissolve yeast in 1/4 cup lukewarm water, let stand about 20 minutes; then add to first mixture. Add 3 cups of flour and beat with a wooden spoon about 5 minutes; then add the rest of the flour. Turn the dough onto a floured wooden board and knead about 10 minutes, until dough is very smooth and elastic. Place dough in a greased bowl, brush with melted shortening, cover with a towel and let rise in a warm place until double in bulk; about 1 hour. Punch down dough in bowl, fold over once, and let rise once more for 1 hour. Then turn out on a lightly floured board, cut into 3 pieces, make 3 braids in the form of a loaf—making 3 twist breads. Cover and let rise for 1 hour in warm place. Brush top of loaves with egg, which has been mixed with a little milk, sprinkle with poppy seeds and bake in a 375° oven about 1 hour.

Margot Nathan

SABBATH TWIST (CHALLAH)

Poland

1 cake yeast or 2-1/2 tsp granulated yeast
1 tbsp sugar
1/4 cup lukewarm water
2 tbsp oil
1 tsp salt
2 eggs, beaten
2 cups warm water
8 cups flour

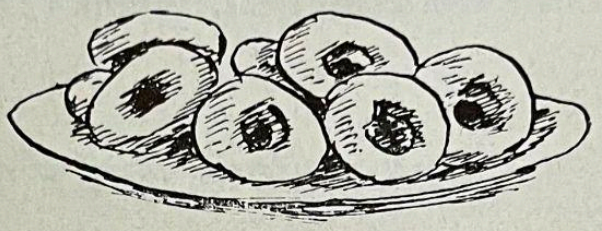
Dissolve crumbled yeast and sugar in the lukewarm water. Place flour in a large bowl, making a well in the center. Pour the yeast mixture, oil, and salt, into the well; mix with the flour. Add the eggs and water gradually, mixing thoroughly. Knead dough about 10 minutes until it is smooth and elastic. Cover bowl, let dough rise until double in bulk. This will take about 2 hours. Punch dough down and let rise again, about another 15 minutes.

Divide dough in half, to make two challahs. Put one half on a floured board and cut into 4 equal parts. Roll 3 of these parts 1-1/2 inches thick and braid them together. Press the ends together securely and place braid in a floured bread pan. Cut the fourth part into 3 parts, and roll each 1/2 inch thick. Braid and place on top of the first braid. Brush with a beaten egg yolk and sprinkle with poppy seeds. Make the second challah in the same way. Bake at 400 degrees for 15 minutes, then at 350 degrees for 45 minutes longer.

Helen Beck

GÉVREK (BAGELS)

Bulgaria



2 lb flour
1 tbsp yeast
1 tbsp oil
1 tsp salt
2/3 cup water
sesame seeds

Add yeast, oil and salt to flour, then gradually add water; knead dough about 10 minutes, cover and let rise in a warm place 1-1/2 hours. Form bracelets about 3/4 inch in diameter, dip in warm water, then in sesame seeds. Bake on ungreased cookie sheets, in a 350° oven, 20 to 30 minutes until golden brown. Taste better served hot.

Complimentary

BANANA TEA BREAD

U.S.A.

1-3/4 cup sifted flour
1-1/4 tsp cream of tartar
3/4 tsp soda
1/2 tsp salt
1/3 cup shortening
2 well beaten eggs
2/3 cup sugar
1 cup mashed banana

Sift first 4 ingredients together. Beat the shortening until creamy; add sugar gradually. Add eggs and beat well, then the flour mixture alternately with bananas, a small amount at a time. Pour into a greased loaf pan and bake in a 350° oven for 1 hour and 10 minutes, or until done. Slice thin.

Rose Wilson

ROSKA (CINNAMON CAKE)

Turkey

1 tsp yeast
pinch of salt
1 lb flour
1 cup sugar
1/2 tsp cinnamon
2 tbsp Wesson oil
3/4 to 1 cup water
1 egg, beaten
sesame seeds

Mix yeast with lukewarm water, salt and 1 tbsp flour until the yeast is dissolved. Cover and let rise about 15 minutes. Mix remaining flour with yeast, sugar, cinnamon, oil and water; knead for 10 minutes. Let rise for 40 to 50 minutes, then place in a cake pan. Brush with egg and sprinkle with sesame seeds. Bake in a 375° oven about 45 minutes.

Alegra Habibi

PAIN D'ÉPICE (SPICE CAKE OR BREAD)

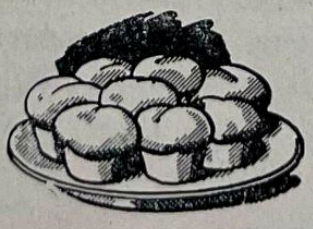
France

1/2 cup milk
1/2 to 2/3 cup butter
2 tsp salt
1/2 cup sugar
2 yeast cakes
1/4 cup lukewarm water
4 eggs, beaten
1 tsp grated lemon peel
4-1/2 cups sifted flour
1 tsp ground aniseed
1/4 tsp grated nutmeg
melted butter

Scald milk in the upper part of a double boiler. Stir in butter, salt and sugar; let cool slightly. Dissolve yeast in the lukewarm water, add eggs and lemon peel. Combine with the milk mixture. Sift flour with the aniseed and nutmeg and stir into the mixture. Knead dough well. Cover lightly with a cloth and let rise in a warm, not too hot, place for 3 hours, or until doubled in bulk.

Rub muffin pans with butter; fill each half-full with dough. Brush with melted butter. Let the pans stand uncovered in a warm place for 30 minutes. Bake in a hot oven (425°) about 20 minutes. Remove from pans at once. Makes 32 two inch spice cakes or bread. Delicious split and toasted.

Essie Goldenberg



BRIOCHE

France

1 cup milk
1/2 to 2/3 cup butter
2 tsp salt
1/2 cup sugar
2 yeast cakes
1/4 cup lukewarm water
4 eggs, beaten
1 tsp grated lemon peel
4-1/2 cups sifted flour
melted butter

Scald milk in upper part of a double boiler. Stir in butter, salt and sugar; let cool slightly. Dissolve yeast in the lukewarm water, add eggs and lemon peel. Combine with the milk mixture. Sift the flour again and stir it into the mixture. Knead the dough well. Cover lightly with a cloth and let rise in a warm (not too hot) place 3 hours or until doubled in bulk.

Butter brioche pans—fill each half full with dough. Brush the tops with melted butter. Let pans stand uncovered in a warm place 30 minutes. Bake in a 425° oven about 20 minutes. Remove from the pans at once. Makes 32 two inch brioches. Delicious when split and toasted—can be kept for more than a week.

Essie Goldenberg

BABKA (POUND CAKE)

Poland

1/2 cup plus 1 tbsp butter or shortening
5-1/2 oz sugar
5 eggs, separated
8-1/2 oz flour, mixed with 1 tsp baking powder
1 tsp vanilla
1/4 cup milk
1/2 cup raisins

Mix butter, sugar and egg yolks. Mix raisins with flour, combine with egg yolk mixture; add milk, vanilla and beaten egg whites; mix. Bake in a square pan 40 to 50 minutes in 350° oven.

Helen Beck

COFFEE CAKES

U.S.A.

Filling #1
1/4 cup butter, creamed
1/2 cup brown sugar
2-1/2 tbsp cinnamon
1/2 cup chopped cashew nuts

Filling #2
1/4 cup butter, creamed
1/2 cup brown sugar
1/2 cup pitted dates, chopped

Filling #3
1/4 cup butter, creamed
1/2 cup brown sugar
1 9-oz can crushed pineapple
1/2 cup fruitcake mix

Icing:
1 cup powdered sugar
1 tsp instant coffee
1 tbsp hot water
1 tsp butter

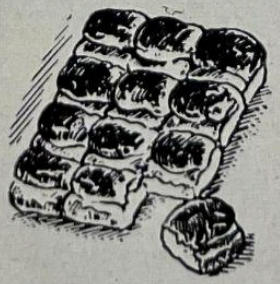
Dough:
8 cups flour
2-1/2 cups milk, scalded
2 tbsp butter, melted
1/4 cup warm water
2 tbsp sugar
2 eggs
1 tbsp salt
1 tbsp yeast

Combine milk, sugar, salt and butter; cool until lukewarm. Dissolve yeast in warm water; add to milk mixture, then add 3 cups flour, beating thoroughly until dough is very smooth. Let rise. Add eggs and remaining flour, mix and knead dough well. Put in a bowl, brush top with butter, cover and let rise in a warm place until double in bulk.

Divide dough into 3 equal parts. Using a floured board, roll out first part fairly thin, spread with filling #1, then roll as you would a jelly roll. Cut into 1 inch slices; bake on a buttered cookie sheet about 25 minutes in a 350° oven. Brush with icing.

Spread second part of dough with filling #2, the third part with filling #3, then proceed as with first part.

Lolita Swiryn



BERLINER PFANNKUCHEN (JELLY DOUGHNUTS)

Germany

1 cake yeast, or 2-1/2 tsp granulated yeast
1/4 cup lukewarm water
1/4 cup butter
3/4 cup milk, scalded
1/4 cup sugar
1 tsp salt
2 eggs, unbeaten
3-1/4 cups sifted all purpose flour
1 tsp lemon rind, grated
1 egg white, slightly beaten
strawberry jam (any other kind of jam may be used)
vegetable fat, or salad oil
granulated sugar

1. Crumble yeast into lukewarm water, stir until dissolved. Melt butter in milk; cool until lukewarm.

2. In large electric mixer bowl, with mixer at medium speed (or with spoon), blend yeast, milk, sugar, salt and eggs. Add lemon rind, and flour gradually, beating thoroughly. Cover with wax paper, then with a towel and let rise in a warm place (about 85 degrees) until double in bulk.

3. Knead dough a little on a lightly floured surface, then roll 3/8 of an inch thick. Cut dough with floured 2-1/4 inch round cookie cutter or water glass. Brush edges of half of the cut-out forms with the egg white, then place 1 tsp jam in the middle. Top with the rest of the cut-out forms, pinching edges firmly together. Arrange on floured cookie sheets, cover with a towel and let rise in a warm place until almost double in size and light to the touch.

4. Using a deep saucepan, pour in enough fat, or oil, to fill it halfway; heat to 370 degrees. (An automatic deep fryer may also be used.)

5. Fry doughnuts, two or three at a time, turning them once, until golden brown—about 2 to 5 minutes.

6. Lift doughnuts out with slotted spoon and drain on crumpled paper towels. Roll in sugar.

Makes about 20 doughnuts.

Thea Levy and Jenny Platz

NAPFKUCHEN

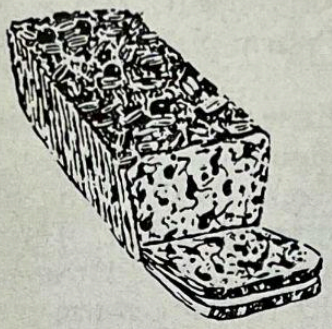
Germany

3 cups flour, sifted
3/4 tsp salt
4 tsp baking powder
1/2 lb butter
2 cups sugar
4 eggs
1 tsp vanilla
1 tsp lemon juice
1 tsp grated lemon rind
1 cup buttermilk

Cream butter, sugar and eggs until thick and lemon colored, then add vanilla, lemon juice and rind and beat again. Add flour, that has been sifted with salt and baking powder, alternately with the buttermilk, beating until well blended. Pour into greased tube pan, lined with wax paper, and bake in a 350° oven about 70 minutes.

Note: Nuts and raisins may be added to batter.

Gerda Brauer



LIGHT FRUIT CAKE

England

2 cups flour
2 tsp baking powder
1/2 tsp salt
1/2 lb butter
1 cup sugar
6 large eggs
1 tsp vanilla
1 jigger rum or brandy
1/2 lb raisins plus candied fruit or rind
1 tbsp cream

Reserve a small amount of flour for dredging raisins and candied fruit.*

Sift flour, baking powder and salt. Cream butter thoroughly, add sugar and beat well. Add eggs, 2 at a time, beating well after each addition. Add flour mixture and mix thoroughly so that no lumps remain. Fold in vanilla, rum, cream, raisins and fruit (dredged).

Grease 2 small loaf size pans and line with 2 layers of wax paper. Pour batter into pans and bake in a 325° oven about 2 hours. If top browns too quickly, cover with brown paper and continue baking. A pan of water placed on lower shelf of oven will prevent bottom of cake from burning.

*To dredge fruits: Heat fruit in oven thoroughly. Remove and roll in flour until completely covered. Cool before folding into cake batter.

Lillian Davison

ONE EGG CAKE

Russia

2 cups flour
1-1/4 cup sugar
2-1/2 tsp baking powder
1 tsp vanilla
1 cup milk
1 egg
1/3 cup shortening

Sift dry ingredients, add shortening, vanilla, milk and unbeaten egg; mix. Pour into well greased pan. Bake about 30 to 35 minutes.

TOPPING: Bring to a boil, stirring constantly, 1/4 cup orange juice, 1/2 tsp grated orange rind, 1 cup sifted confectioners' sugar. With fork, prick holes through cake to bottom. Pour warm glacé over cake.

Katie Nigel

FEATHER COCONUT CAKE

U.S.A.

1-1/2 cups flour
3/4 cup sugar
4 tsp baking powder
1 egg, beaten
4 tbsp shortening, melted
1/2 cup milk
1 tsp lemon extract
1/2 cup fresh coconut, grated

Sift together flour, sugar and baking powder. Add shortening and egg to milk; then add to sifted ingredients. Mix well, add lemon extract and coconut and beat again. Bake in a greased and floured loaf pan in a 375° oven for 35 to 45 minutes. When ready to serve, sprinkle with powdered sugar, or cover with any desired icing.

Irene Perl

ORANGE CAKE

U.S.A.

Mix together: Juice of 1 orange, juice of 1 lemon, and 1 cup of sugar; set aside.

Grind together: Rind of 1 orange, rind of 1 lemon, and 1 cup seedless raisins. Cream together: 1 cup sugar and 1/3 cup butter, add 1 egg and beat well. Add, alternately, 1 cup sour milk and 2 cups flour that have

been sifted with 1 tsp soda. Stir in the ground fruit mixture and bake in greased, floured, 9 x 12 inch pan at 350° about 30 to 40 minutes.

While still hot and in the pan, pour fruit juice mixture over cake. Serve with whipped cream. Good hot or cold.

Minna Gaberman

CHOCOLATE TEA CAKE

U.S.A.

1/2 cup shortening
1-1/2 cups sugar
1/2 tsp salt
2 eggs
1 cup strong hot tea
1-1/2 cups cake flour
1 tsp soda
vanilla
1/2 cup cocoa

Cream shortening; add sugar and salt gradually, beat until light and fluffy. Add eggs, one at a time, and beat well after each addition. Mix cocoa with 1/2 cup of tea, add to mixture. Sift flour, then measure. Dissolve soda in remaining 1/2 cup of tea. Add alternately with flour. Stir in vanilla. Batter will be thin. Pour into 9 x 12 inch pan, greased on bottom only. Bake in moderate oven (350°) for 40 minutes.

Ruth Greenfield

EGG YOLK SPONGE CAKE

U.S.A.

2 cups sifted cake flour
2 tsp baking powder
1 tsp salt
11 egg yolks
1-3/4 cups sugar
1 tbsp orange rind, grated
1 tbsp orange juice
1/2 cup ice water
1 whole egg

Sift flour, baking powder and salt together. Set aside. Beat the egg yolks and egg together until thick and lemon colored. Add sugar gradually and beat. Mix in orange rind and juice. Add flour mixture slowly, alternating with the water. Beat until well blended. Pour batter into ungreased 10 inch tube pan; bake 1 hour at 325°. Invert to cool 1 to 2 hours.

Sylvia Braka

LEKACH (HONEY CAKE)

Poland

6 eggs, or 4 eggs plus 1/2 cup coffee
1 cup sugar
1 cup honey
2 tbsp salad oil or shortening
3-1/3 cups flour
1-1/2 tsp baking powder
1/4 tsp cloves
1/2 tsp allspice
1/2 tsp cinnamon
1/4 cup raisins
1/4 cup chopped nuts
1/4 cup finely cut citron
2 tbsp brandy
1 tsp baking soda

Beat eggs, add sugar gradually and beat until light and creamy, combine with honey and oil. Sift all dry ingredients together, combine with nuts and fruit, add to egg mixture. Stir in brandy. Pour into greased, paper lined, rectangular pan and bake at 350° for 1 hour. Invert pan and allow cake to cool before removing. Cut into diamond shapes or squares before serving.

Note: The 6 egg recipe makes a cake of finer texture. If eggs and coffee are used, dilute honey with the hot coffee before adding to egg mixture.

Dasha Meadows

HONEY CAKE

Russia

3 eggs
1 cup sugar
2 tbsp salad oil
3-1/2 cups flour
2 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1 cup warm coffee
1 cup honey
1/2 cup walnuts, chopped

Beat eggs with sugar until creamy, stir in salad oil. Sift flour with the other dry ingredients twice. Combine honey and coffee, add alternately with flour to egg mixture; beat until smooth. Stir in chopped nuts. Batter will be fairly soft and easily stirred. Bake 50 minutes in 325° oven. Remove from pan; cool; dust with confectioners' sugar.

Ann Levine

RUM BABA SAVARIN

France

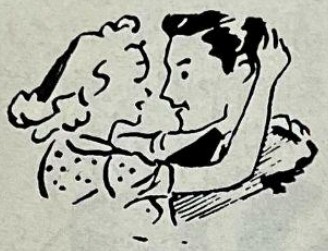
3 tbsp butter
2 tbsp milk
2 tbsp sugar
2 eggs, separated
2 tsp baking powder
1 cup pastry flour, sifted

Heat butter and milk in a saucepan. Remove from heat; add sugar, beaten yolks and then, very slowly, the flour sifted with baking powder. Stir slowly and smoothly for 10 minutes. Fold in stiffly beaten egg whites. Pour the mixture into a buttered ring mold and bake in a 350° oven 30 minutes. Cool. Turn out onto serving platter. Serves 6.

Syrup: **1 cup sugar**
1 cup water
rum
sweetened whipped cream

Boil sugar and water together 5 minutes. Pour over the cake, just before serving, while the syrup is still hot. Sprinkle with rum. Fill center of cake with sweetened whipped cream.

Essie Goldenberg



BABA AU RHUM

France

6 eggs, separated
4 tbsp sugar
2 tbsp marmalade
2 tbsp butter, melted
2 cups flour
2 tsp baking powder

Beat egg yolks, add sugar, marmalade, butter, flour and baking powder; mix. Fold in stiffly beaten egg whites. Bake in a greased tube pan, in a 350° oven, about 30 minutes.

Syrup: **2 cups rum**
4 cups water
2 cups sugar
orange rind

Combine ingredients and boil about 25 minutes, stirring occasionally; remove rind. Pour over baba, hot and still in the pan, gradually and evenly until all syrup is absorbed. Serves 8.

Fern Landau

PASSOVER WINE AND NUT CAKE

Lithuania

7 eggs, separated
1 cup sugar
1/4 cup sweet wine
1 cup chopped nuts
1/2 cup matzo cake flour or sifted matzo meal

Beat egg yolks until thick. Gradually beat in sugar. Add wine and mix well. Combine nuts and flour and add to egg mixture. Beat egg whites until stiff and fold into batter. Pour into ungreased tube pan and bake at 325° for 1 hour. Invert pan; do not remove cake until thoroughly cooled.

Sylvia Braka

JELLY NUT ROLL

Vienna

6 eggs, separated
1-2/3 cups walnuts, ground fine
3/4 cup sugar
1/2 tsp baking powder
jam

Beat egg yolks until thick and lemon colored, slowly add sugar, beating well. Add walnuts and baking powder, beat thoroughly; fold in stiffly beaten egg whites. Spread mixture on a cookie sheet, lined with well buttered wax paper, and bake in a 350° oven about 20 to 30 minutes, or until done. Spread with jam; roll. Cool; sprinkle with powdered sugar.

Helen Frieder

CHOCOLATE ROLL

Philippines

5 eggs, separated
1 cup powdered sugar
3 tbsp cocoa
1 jar Avoset whipping cream (do not put any sugar into whipped cream, and don't overwhip it)

Beat egg yolks, add sugar and beat very well. Add cocoa and fold in stiffly beaten egg whites. Spread in buttered, and floured, large square pan. Bake about 20 minutes in moderate oven at 350 degrees. Turn cake out upside down onto floured cloth and cover with a damp cloth. Cool in refrigerator, then spread with whipped cream and roll with help of wax paper, which should stay around roll until it is served. Keep in refrigerator until last moment.

Lotte Meyer

CHOCOLATE ROLL

U.S.A.

6 tbsp flour
6 tbsp cocoa
1/2 tsp baking powder
4 eggs, separated
1 tsp vanilla extract
3/4 cup sugar
powdered sugar
whipped cream

Sift flour, cocoa and baking powder together. Beat egg yolks until thick and creamy; add vanilla extract. Beat egg whites until stiff, then slowly beat in 3/4 cup sugar. Fold egg yolks into egg whites; carefully add flour mixture. Bake on a cookie sheet lined with wax paper, in 400° oven, for 12 minutes. Remove cake from oven, turn upside down, pull off wax paper immediately and roll cake in a towel that has been sprinkled generously with powdered sugar. Cool, unroll, fill with cream, reroll, and chill in refrigerator.

Norma Bradlyn

ICE BOX CHOCOLATE CAKE

Israel

1/2 cup sugar
3 tbsp cocoa
1/2 lb margarine
1/2 cup milk, with rum
1 lemon rind, grated
raisins and nuts, to taste
10-1/2 oz sweet biscuits

Combine sugar and cocoa, add margarine and mix. Add milk, rind, raisins and nuts. Crumble biscuits and add, mixing thoroughly. Pour mixture into a pan lined with wax paper. Chill, in refrigerator, overnight.

If desired, 1/2 cup of coffee may be used instead of milk.

Ziona Golan

ICE BOX CAKE WITH MOCCACRÉME

Vienna

3/4 cup butter
1 cup vanilla sugar
3 to 4 egg yolks
1/2 cup very strong coffee
cocoa, according to taste
ladyfingers

Cream butter; very slowly and carefully add sugar, egg yolks, coffee and cocoa, beat until light and fluffy. Brush ladyfingers with milk on one side and coffee on the other. Line a square or rectangular cake pan with wax paper, cover paper with a layer of ladyfingers. Spread with some moccacréme, continue with alternate layers of fingers and créme until all créme is used, ending with the créme. Cover with wax paper, weigh down with heavy object, place in freezer for at least 24 hours. Remove the paper, sprinkle the cake with ground or chopped almonds. Refrigerate until ready to serve.

Paula Brings

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SPITZBUBEN (JAM COOKIES)

Vienna

2-2/3 cups flour
3/4 cup butter
2/3 cup vanilla sugar
2 egg yolks

Knead all ingredients together; roll dough thin on floured board. Cut into round cookies, using cookie form or glass. Cut out the center in half the amount of cookies with a thimble. Bake all of the cookies until light brown. Cool; spread jam on plain cookies and cover with cutout ones. Sprinkle with vanilla sugar.

Paula Brings

LANGUES DE CHAT

France

1/4 cup butter
4 tbsp sifted flour
4 tbsp rice flour
1/4 cup sugar
1 egg white

Cream butter, stir in flour and rice flour until smooth, then add sugar. Stir for 5 minutes. Fold in stiffly beaten egg white. Pour into greased baking tray, or spread in a baking pan and cut in long narrow strips (4 inches by 1 inch). Bake in a 350° oven until browned, about 15 minutes. Makes 5 to 6 dozen tongues.

Essie Goldenberg

SPRITZ COOKIES

Germany

2-1/2 cups flour
2/3 cup sugar
1 tbsp vanilla extract
1 egg
1 tbsp milk
4-1/2 oz butter

Sift flour into a bowl; form a well in the middle and put in sugar, vanilla, egg and milk; mix. Dot with butter and knead until dough is smooth. Using a cookie press, form S shaped cookies on a floured cookie sheet and bake in 350° oven 10 to 15 minutes until cookies are light brown.

Herta Schwartz

ALBERTKEKS

Germany

3 oz butter
3/4 cup sugar
1 egg
pinch of salt
3 cups flour
1/4 tsp baking powder
2 to 3 tbsp milk

Cream butter and sugar, add egg and salt; beat. Sift flour and baking powder together, add to mixture gradually, alternating with milk. Knead dough thoroughly; chill in refrigerator. Roll out on floured board; make a design on dough, using a grater. Cut with cookie cutters and bake on a floured cookie sheet, in a 350° oven, 15 to 20 minutes.

Herta Schwartz

BLITZKUCHEN

Germany

5/8 cup butter
3/4 cup sugar
1-1/4 cup flour, sifted
rind of 1 lemon, grated
1/3 cup almonds, chopped
cinnamon, to taste
2 eggs, beaten

Cream butter and half of the sugar; add eggs, lemon rind, flour; mix thoroughly. Spread dough on greased cookie sheet; sprinkle with remaining sugar (combined with cinnamon) and almonds. Bake in moderate oven at 350 degrees until light brown. Cut into desired shapes while still warm.

Thea Levy and Jenny Platz

HEIDESAND

Germany

4-1/2 oz butter
2 cups flour
3/4 cup sugar
1 tbsp vanilla extract
1/2 tsp ammonium carbonate

Brown butter, cool, mix with other ingredients. Form dough into small balls, place on a lightly greased cookie sheet and bake in a 350° oven 10 to 15 minutes until light brown.

Herta Schwartz

SPEKULATIUS

Germany

3/4 cup sugar
4-1/2 oz butter
3 cups flour
1 egg
1/3 cup almonds, chopped
1/2 tsp cinnamon
1 tsp baking powder
rind of 1/2 lemon, grated

Cream butter and sugar; add egg, cinnamon, and flour that has been sifted with the baking powder. Mix in almonds and lemon rind and roll out dough very thin on a floured board; cut with cookie cutter and bake on greased cookie sheet, in 350° oven, 10 to 15 minutes until brown and crisp.

Herta Schwartz

VANILLA CRESCENTS

Austria

3/4 cup butter
1/3 cup almonds
1-1/2 cup flour
additional flour
1/4 cup vanilla sugar

Grind almonds, mix all ingredients on a board, knead well and form into small crescents. Bake in medium oven. Must still be light in color when finished baking. While still hot, roll crescents in vanilla sugar.

Paula Brings

MANDELBRODT (ALMOND STRIPS)

Russia

1/2 cup shortening
1 cup sugar
4 eggs
2-1/2 cups flour, sifted
1 tsp vanilla
1 tsp baking powder
1 tsp salt
3/4 cup chopped almonds

Cream sugar and shortening, add eggs and remaining ingredients; mix well. Spread on slightly greased cookie sheets in three strips. Flatten out. Bake at 350° for 40 minutes. Take out of oven and cut diagonally. Turn sides up and bake for 15 minutes longer. Cool; store in tightly covered jars or cans.

Irene Davison

PAINS D'AMANDES (ALMOND CAKES)

France

1/4 cup butter
2 cups pastry flour, sifted
1/2 tsp powdered cinnamon
1 cup brown sugar
1/8 tsp baking soda
1 egg, separated
2 cups blanched and grated, or chopped, almonds

Melt the butter. Sift the flour, cinnamon, sugar and soda together; add gradually to the butter. Beat the yolk into the mixture, then add the nuts. Fold in the stiffly beaten egg white. Drop by spoonfuls about 2 inches apart onto a buttered baking sheet. Bake in a moderate oven (350 degrees) about 8 to 12 minutes. Makes 3 dozen cookies.

Essie Goldenberg

CHINESE ALMOND CAKES

China

1/4 lb sweet butter
1 cup sifted flour
1/4 tsp baking powder
2 tbsp toasted almonds, chopped fine
4 tbsp sugar
1 tsp dry gin
1/4 tsp almond extract
split blanched almonds

Combine flour and baking powder. Cream butter and sugar, then add flour and baking powder and beat until smooth. Work in the chopped almonds; add gin and almond extract and mix well. Roll into small balls, about 1/4 inch thick and insert one split almond into each ball. Bake at 350 degrees for 20 minutes or until fairly brown.

Helen Beck

MERINGUES AU CHOCOLAT (CHOCOLATE MERINGUES)

France

4 egg whites
1/4 tsp salt
1 cup sugar
2 tbsp cocoa or grated chocolate
1/2 tsp vanilla
extra cocoa

Using an egg whisk, beat the egg whites with the salt until stiff. Whisk in the sugar a little at a time, add some of the cocoa or chocolate, a

little vanilla, then more sugar, beating until mixture can be cut cleanly with a knife. Drop by spoonfuls on a damp paper spread on a baking sheet. Sprinkle with cocoa. Bake in slow oven (275°) for 25 minutes; increase the heat to 325° and bake for 20 minutes longer, or until the meringues are browned and firm to the touch. Makes 24 meringues.

Essie Goldenberg

LEBKUCHEN

Germany

1 oz butter
14-1/2 oz honey or syrup
4-1/2 cups flour
3/4 cup sugar
1 tsp cloves
1 cup nuts, grated
1 egg
10 grams pottacio carbonate
5 grams ammonium carbonate
1 tbsp milk
1 tsp cinnamon

Melt butter and honey; sift together flour, sugar, cloves and cinnamon; mix. Add nuts and egg, knead thoroughly, then place dough in refrigerator overnight. Remove from refrigerator, add the two carbonates that have been dissolved in the milk and knead again. Roll out dough and cut into desired cookie shapes, or spread on a cookie sheet and cut after baking. Bake in a 350° oven about 15 minutes.

Herta Schwartz

PECAN ROLLS

Denmark

1/2 lb butter
8 tsp powdered sugar
2 cups flour
2 tsp vanilla
2 cups pecan, cashew or pili nuts, sliced
1 tbsp water

Mix all ingredients in order given. Roll dough into date size and form. Bake on ungreased cookie sheet in a 250° oven until golden brown, about 2 hours. While rolls are still warm, roll in powdered sugar, then cool on brown paper. Before serving, roll in powdered sugar again.

Gerda Lester

KA-AK

Syria

1 tsp sugar
1/4 cup warm water
2-1/2 tsp yeast
3-1/2 cups flour
1/2 cup oil
1-1/2 to 2 tsp salt
2 tbsp aniseeds
1/2 tsp cumin
1 tsp black caraway seeds
3/4 cup water
1 or 2 eggs, beaten
sesame seeds

Dissolve sugar in warm water, add yeast, let stand 10 minutes, then mix. Place flour in a shallow pan, add salt, aniseeds, cumin and caraway. Make a well in the middle, pour in yeast and oil; mix. Gradually add water and knead dough 10 minutes; cover with a cloth, let rise 2-1/2 hours.

Divide dough into 4 parts; roll each into a thick round strip 1 inch in diameter, using an unfloured board. Cut each strip into one and a half inch long pieces. Roll each piece into a thin round strip 1/2 inch in diameter and 6 inches long; join the 2 ends, pressing one over the other and forming a circle. Brush circles with egg and sprinkle liberally with sesame seeds. Place on ungreased cookie sheets, let stand 20 minutes, bake in a preheated 400° oven 15 to 20 minutes until slightly brown.

When finished baking all ka-ak, pile them in one baking pan and put back into hot unlit oven about 20 minutes. Cool; place in well covered jars. Nice to serve with tea, coffee or cold drinks.

Julia Picciotto

CHEESE COOKIES

Vienna

1-3/4 cup flour
6-1/2 oz butter
5 oz Parmesan cheese, grated
caraway seeds
1 egg yolk

Mix flour, butter and cheese. Knead well and roll out about 1/3 inch thick on floured board. Cut into desired shapes, brush with egg yolk and sprinkle with caraway seeds. Bake on greased cookie sheet at 400° until golden yellow.

Helen Frieder

BOYOS (CHEESE COOKIES)

Turkey

1 lb flour
1 tsp yeast
3/4 to 1 cup water
grated red ball cheese
Wesson oil
pinch of coarse salt
pinch of table salt

Mix yeast with lukewarm water, table salt and 1 tbsp flour until the yeast is dissolved. Cover and let rise about 15 minutes. Knead this mixture with the rest of the flour, salt and water until dough becomes smooth and elastic. Divide into three parts; roll out each part, brush with oil and sprinkle with cheese. Place each part on top of the other; roll as for jelly roll. Let stand 10 minutes. Slice, and roll out each slice; brush with oil again, and sprinkle with cheese. Roll, then twist in any desired shapes (circles, figure eights, etc.). Brush once more with oil, sprinkle cheese on top. Let rise for 40 minutes, then bake in a moderate (375°) oven until done (about 20-25 minutes).

Variation: Slices may be filled with a cheese and spinach mixture, or mashed potatoes with eggs and cheese, and then rolled.

Alegra Habibi

CHOCOLATE MACAROONS

U.S.A.

2 egg whites
1/8 tsp salt
1 cup sugar
1-1/2 cups shredded coconut
1-1/2 squares unsweetened chocolate
1 tsp vanilla

Beat egg whites until stiff, add salt and sugar and beat again. Add vanilla, fold in coconut and cooled, melted, chocolate. Drop by teaspoonfuls on baking sheet lined with aluminum foil; bake in 275° oven for 18 to 20 minutes.

Note: For plain macaroons, omit chocolate and use almond extract instead of vanilla.

Sylvia Braka

SAMBOUSAK

Syria

Filling: 2 cups cheese, grated
3 tbsp cottage cheese
pinch of baking powder
eggs (2 or 3)

Mix all ingredients together—should be the consistency of a thick paste.

Dough: 3 cups flour
1/2 tsp salt
1 cup butter, melted
1/4 cup water
sesame seeds

Combine all ingredients, except sesame seeds, knead and roll out thin on floured board. Cut out with a round cookie cutter. Place about a teaspoonful of filling in middle of each, fold over and press closed, forming half-moons. Be sure edges are tightly sealed. Brush with egg, sprinkle with sesame seeds. Bake on buttered cookie sheet at 400° about 25 minutes.

Sylvia Braka

ASABIH ZEINAB (NUT STUFFED LUMPIAS)

Egypt

lumpia wrappers (fila)
2 to 3 tbsp pistachio nuts, blanched and chopped
2 to 3 tbsp almonds, blanched and chopped
1 small box seedless raisins (1-1/2 oz)
1 tsp cinnamon
1 to 2 tsp sugar
melted butter

Mix nuts, raisins, cinnamon and sugar. Brush lumpias with butter. Put some of the nut mixture in each lumpia, fold sides over (to prevent nuts from spilling out) and roll finger-shaped. Brush again with butter and bake on greased cookie sheet in a 250° oven about 30 minutes or until golden brown.

Before serving, roll in maple syrup mixed with a few drops of rose-water.

Naomi Musry

MAAMOUL

Syria

Filling: 3/4 to 1 lb chopped walnuts
sugar, to taste (about 3 tbsp)
rosewater, to taste (about 1 tbsp)

Or: 2-1/2 lbs pitted dates, coarsely ground
butter, to taste (about 2 tbsp)
cinnamon, optional

Dough: 1 lb butter
2 eggs
1/2 cup sugar
5-1/2 to 6 cups flour
1 jigger rye whiskey, or brandy

Cream butter, add sugar, beat together. Add whiskey, then eggs. Add flour gradually; knead. Roll into small balls, make a hollow in each, forming a shell less than 1/4 inch thick. Fill with nut mixture, or dates, or a combination of both. Close opening, press into mold for desired shape and design. If mold is not available, shape as desired, and make design with a fork. Bake on ungreased cookie sheet, in 350° oven, until lightly browned underneath, about 20 to 25 minutes. Sprinkle with confectioners' sugar, or serve with marshmallow fluff. Makes 36.

Complimentary

LINZERTORTE

Vienna

2 cups flour
1 cup butter
2/3 cup sugar
2/3 cup almonds, ground
lemon rind, minced
1 egg
4 tbsp brown bread crumbs
cloves, to taste
cinnamon, to taste

Mix all ingredients; place in refrigerator for 30 minutes. Divide dough into two parts, one slightly bigger than the other. Spread the smaller half, evenly, into an 8 inch spring form and spread with raspberry jam (not to the very edge of the dough). Using the other half of the dough, roll 8 long strips and place lattice fashion over tart. Roll one longer and thicker strip and place around the tart—press it down well. Brush with beaten egg mixed with a few drops of water. Sprinkle some ground nuts over jam. Bake in a 350° oven 60 to 70 minutes—should be brown when finished. Sprinkle with sugar. Use 24 hours after baking.

Paula Brings

ALMOND TORTE

Roumania

1/2 cup shortening
1 cup sugar
4 egg yolks
2-1/2 cups cake flour
1 tsp baking powder
pinch of salt
1 tsp vanilla
3 tbsp cream
1 jar apricot jam
1 lb almonds, grated

Cream shortening, gradually add sugar, then egg yolks, one at a time. Sift flour, baking powder and salt together three times; add to first mixture. Blend in vanilla and cream (dough is soft). Pour half of dough in a greased spring form, spread with jam and sprinkle with almonds. Roll remaining dough with fingers (use a little flour if necessary), place on jam and sprinkle more almonds on top. Bake in a 375° oven for 30 minutes.

Ruth Greenfield

CHOCOLATE ALMOND TORTE

Germany

1 cup almonds, blanched
8 eggs, separated
1 cup sugar
1/2 cup fine bread crumbs
1 cup semi-sweet chocolate bits

Set aside 24 almonds and 1/3 cup chocolate bits for decoration. Grind remaining almonds very fine. Beat egg yolks and sugar until thick and lemon colored. Melt chocolate over hot, but not boiling, water, stir into egg mixture; add bread crumbs and nuts, mixing thoroughly. Fold in stiffly beaten egg whites. Pour batter into 3 greased layer pans and bake in 325° oven 25 to 30 minutes.

Filling and frosting:

1/2 cup apricot jam
rum or brandy flavoring
1-1/2 cups heavy cream
2 tsp instant coffee
sugar, to taste (2 to 5 tbsp)

Combine brandy and jam. Add coffee to cream and beat until almost stiff, then gradually beat in sugar. Spread jam between, and on top of, the 3 layer cakes, then spread whipped cream over jam.

To garnish: Melt reserved chocolate bits, dip one end of each almond into chocolate and cool on waxpaper in refrigerator. Insert undipped end of almonds into cake, making any desired pattern.

Charlotte Goldhagen

JAM TART

Russia

1/2 cup butter
2 cups flour
1/3 cup *hot* water
jam
canned milk
chopped nuts

Mix first 3 ingredients and chill. Divide dough in half and roll out thin. Place one half on greased cookie sheet and spread with jam; cover with other half. Brush with milk, then sprinkle with nuts. Bake in a 375° oven for 25 to 30 minutes.

Katie Nigel

DELICIOUS APPLE TART

Czechoslovakia

Dough: 3 cups flour
1 cup shortening
1-1/2 tsp salt
6 tbsp ice water

Mix and roll dough out, cutting into four 9 inch circles, using a 9 inch pan for marker. Prick with fork and bake on cookie sheets at 450 degrees for 12 to 15 minutes, or until brown.

Filling: 1-1/2 cup sugar
1-1/2 cup water
3/4 tsp cinnamon
8 medium sized green sliced apples
2 tbsp lemon juice
1/2 cup currant jelly
3 tbsp cornstarch
1/4 cup cold water

Heat the sugar in 1-1/2 cups water until sugar dissolves; add cinnamon and apples; simmer, uncovered, until apples are tender but *not* soft (they must hold their shape). Add lemon juice; remove apples from syrup and add jelly to apples. Blend the cornstarch with 1/4 cup cold water, add to syrup and cook until thickened. Mix with apples and cool.

Spread the apple mixture, evenly, between and on top of four pastry circles (making a four layer cake), then cover with whipped cream.

Cut in pie wedges to serve.

Corinne Stoll

CHOCOLATE CHERRY TORTE

Vienna

5 oz semi-sweet chocolate
5 oz butter
7/8 cup sugar
4 eggs, separated
3/4 cup flour
1 can sour pitted cherries

Melt chocolate, using double boiler. Cream butter, sugar and egg yolks very well; add cooled chocolate and flour. Fold in stiffly beaten egg whites; pour batter into well greased square baking pan.

Drain cherries very well, spread evenly over batter, letting them sink in a little. Bake in a 400° oven about 35 to 40 minutes. Sprinkle thoroughly with sugar; cut into small squares.

Helen Frieder

CHERRY MACAROON PIE

U.S.A.

Meringue Shell:

2 egg whites
1/4 tsp salt
1/4 tsp cream of tartar
1/2 cup sugar
1/4 tsp vanilla
1 can (4 oz) shredded coconut

Beat egg whites, salt and cream of tartar in a large bowl until foamy. Add sugar, one tablespoon at a time, beating well after each addition; continue beating until meringue forms stiff peaks. Stir in vanilla; fold in coconut. Spread meringue over bottom and sides of well buttered pie plate, making it slightly higher around edge. Bake in a 275° oven 60 to 70 minutes, or until shell is very light brown; cool completely.

Filling:
2 cans (1 lb, 4 oz ea), pitted red tart cherries
2/3 cup cherry juice (from cans)
2/3 cup sugar
2 tbsp cornstarch
1 tbsp butter or margarine

Drain juice from cherries, measure 2/3 cup; stir into sugar and cornstarch in small saucepan; add butter. Cook, stirring constantly, until sauce thickens and boils one minute, stir in cherries, cool completely.

To serve, pour filling into shell, garnish with almonds if desired. Makes one 9 inch pie.

Dasha Meadows

GRANDMOTHER'S APPLECAKE

Westphalia, Germany

Filling: **1-1/2 to 2 lbs apples, pared and sliced**
5-1/2 oz fruitcake mix

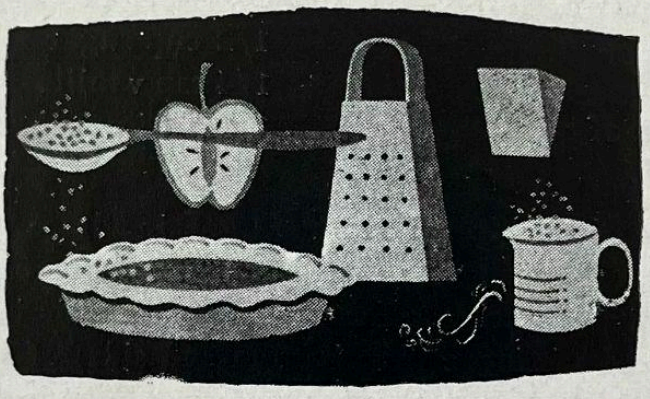
Steam apples (green and not too ripe), with some sugar and a little vanilla, until half done.

Dough: **2 eggs**
3 heaping tbsp sugar
1/2 lemon, juice and rind
3/4 cup butter, melted
3-1/2 cups flour
1/4 tsp baking powder
some milk
additional butter
sliced almonds
cinnamon and sugar

Mix eggs, 3 tbsp sugar, lemon juice and rind; stir until creamy. Add flour, baking powder, melted butter, and enough milk to make the dough the same consistency as pancake batter.

Pour half of batter in a buttered spring form, cover with filling, pour in the other half. Dot with butter, spread with a generous amount of sliced almonds, and sprinkle with cinnamon and sugar. Bake in a moderate oven for 45 minutes.

Lotte Meyer



APPLE TART

Austria

Filling: **8 to 10 green apples, cored and pared**
5 to 8 tbsp sugar
juice of 1/2 lemon

Cut apples into eighths, add lemon juice and sugar; cook until almost soft, then cool.

Dough: **1 cup plus 1 tbsp butter**
2 tbsp vanilla sugar
3 cups flour
1 egg, beaten

Cream butter, add sugar and half of flour; mix. Knead on a wooden board, adding other half of flour gradually. Roll dough into 2 equal round parts and press one into an 8 inch spring form. Cover with filling, then with other part of dough. Brush with egg and bake in 350° oven about 50 minutes.

Paula Brings

RUSSIAN TARTLETS

Russia

Dough: 1 pkg cream cheese (3 oz)
1 cup flour
1/4 lb butter

Mix pastry dough—put in refrigerator while making filling.

Filling: 3 eggs, separated
1/4 lb butter
1 cup sugar
1-1/2 cup raisins
1/4 cup chopped nuts
grated lemon rind

Cream butter and sugar, add beaten egg yolks, raisins, nuts and lemon rind. Mix, and fold in stiffly beaten egg whites. Roll pastry dough very thin, cut out with a glass, put in greased muffin tins; add heaping tablespoon of filling in each. Bake in a 350° oven about 25 to 30 minutes. Can be made in tart form.

Katie Nigel

COFFEE CREAM TORTE

Vienna

Dough: 7 egg whites
1-2/3 cups sugar
1/2 lb shelled walnuts, ground
1/4 tsp vanilla extract

Beat egg whites with part of the sugar until very stiff. Fold in nuts and vanilla, add rest of sugar gradually. Bake, in 3 well greased 8 inch layer pans, in a 350° oven about 30 minutes.

Filling: 3/4 cup butter
1 cup sugar
3 eggs
2 tbsp instant coffee
2 tbsp cocoa

Cream butter, sugar and eggs until thick and lemon colored, slowly add coffee and cocoa, according to taste. Spread between layers, on top, and sides of cake. Decorate as desired.

Helen Frieder

CREAM MERINGUE TART

Germany

1/2 cup sugar, sifted
1/4 cup butter
4 egg yolks
1 tsp vanilla extract
1 cup flour, sifted
1 tsp baking powder
1/4 tsp salt
5 tbsp cream

Cream butter, add sugar gradually and beat until light and fluffy. Add egg yolks, one at a time, beating continuously; add vanilla. Sift together flour, baking powder and salt and add to egg mixture alternately with the cream. Continue stirring batter until it is very smooth, then pour it into 2 buttered 9 inch layer pans. Cover with

Meringue:
4 egg whites
1 cup sugar, sifted
1/8 tsp salt
1 tsp vanilla
1/3 cup almonds, blanched and sliced

Beat egg whites and salt until stiff, then add the sugar, a spoon at a time, beating constantly. Add vanilla and continue beating for a few moments longer. Spread the meringue lightly over the batter in the 2 layer pans; stud one with almonds. Bake meringue tarts in a 350° oven 35 to 40 minutes; cool. Shortly before serving, place one layer, meringue side down, on a cake platter. Cover with cream filling and then place the almond studded layer on top.

Cream Filling:
1 pint whipping cream
1 #2 can crushed pineapple

Beat cream until stiff and carefully fold the well drained pineapple into it.

The Simkes

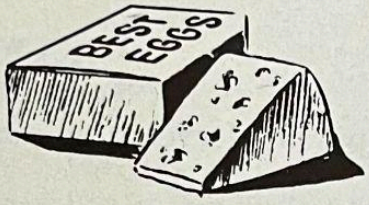
MOCK CHEESE CAKE

United States

20 graham crackers
1/4 lb butter, melted
1 can condensed milk
4 eggs, separated
1/3 cup lemon juice

Combine butter and finely crumbled crackers. Line bottom and sides of a greased 10 inch pie plate with this mixture, keeping some of the crackers for topping. Beat egg yolks until thick and creamy, add milk and lemon juice; beat again. Fold in stiffly beaten egg whites and pour into pie plate; sprinkle with cracker crumbs. Bake in a 375° oven for 20 to 30 minutes. Cool; chill in refrigerator a few hours before serving.

Helen Beck



CHEESE CAKE

Germany

Pie crust:
1 pkg zwieback, ground
1/2 cup butter, melted
1/2 cup sugar
1 tsp cinnamon

Mix all ingredients well. Butter bottom and sides of a 9 inch spring form and line with 3/4 of mixture, pressing firmly into place.

Filling:
1 cup sugar
2 tbsp flour
1/8 tsp salt
1 tsp vanilla
1 lb cream cheese
juice and rind of 1 lemon
4 eggs, separated
1 cup cream

Rub cream cheese through a sieve, beat until light and fluffy. Mix sugar, flour and salt, add to the cheese and cream thoroughly. Add vanilla, lemon juice, rind and egg yolks; beat, then mix in cream. Fold in stiffly beaten egg whites and pour into the pie crust; sprinkle top with remaining zwieback mixture. Bake in 325° oven until the cake rises, then continue baking at 375° until center of cake is set.

The Simkes

CHEESE NUT CAKE

Germany

5 oz butter
1/2 lb sugar
6 eggs, separated
1/2 lb cottage cheese
5 oz almonds, cashew or pili nuts
1 lemon rind, grated
1 tsp flour

Blanch and grate nuts. Press cottage cheese through a sieve. Cream butter and sugar, beat with egg yolks until thick and lemon colored, add cheese, nuts, rind and flour; mix. Fold in stiffly beaten egg whites. Bake in buttered spring form in 350° oven until well set, about 40 to 50 minutes. When cool, cut in two layers and fill with jam. Cover with 7 minute frosting:

1 cup sugar
3 tbsp water
1 egg white
3 tbsp cocoa
pinch of cream of tartar

Mix sugar, water and egg white in top of double boiler; place over rapidly boiling water and cook for 7 minutes, beating constantly. Add cocoa and cream of tartar, mix thoroughly and spread over cake.

Gerda Lester

CHEESE PIE

U.S.A.

1) Mix well: 2 cups graham cracker crumbs, 1/2 cup sugar, and 1/2 cup melted butter. Press firmly and evenly on bottom and sides of a 9-inch spring form pan.

2) Soften 1 lb cream cheese, add 2 beaten eggs, 3/4 cup sugar, and 1 tsp vanilla. Mix until very smooth, pour into crust, and bake in a 400° oven about 20 minutes. Filling should be softly set before removing from oven. Remove pan and set on rack for 30 minutes.

3) Mix 1 large can sweet cream with 1 tbsp vinegar (or 2 tbsp calamansi juice) to make sour cream; let stand 20 minutes. Add 2 tbsp sugar and 1 tsp vanilla, mix well, and pour over filling. Return to oven and bake at 450°, about 10 minutes.

4) Cool pie and refrigerate overnight.

Lillian Samara

PINEAPPLE CHEESE CAKE

France

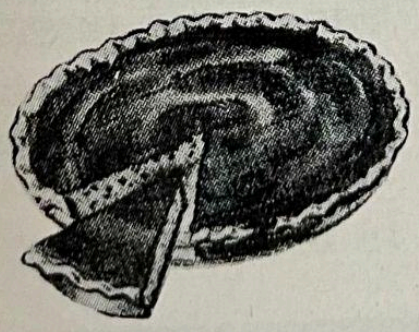
Dough: 6 oz pkg zwieback or bread crumbs
2 tbsp sugar
1/2 cup soft butter

Crush zwieback with rolling pin into fine crumbs. Blend thoroughly with sugar and butter. Press firmly on the bottom and sides of a 9 inch spring form pan.

Filling: 1 #2 can crushed pineapple, well drained
1/2 cup sugar
2 tbsp flour
1/4 tsp salt
1 lb cream cheese
1 tsp vanilla
4 eggs, separated
1 cup light cream

Carefully spread pineapple over bottom of crumb crust. Combine the sugar, flour and salt; add to softened cream cheese and blend well. Add vanilla. Stir in egg yolks, one at a time. Add cream and mix thoroughly. Beat egg whites until stiff, but not dry, and fold into cheese mixture. Carefully pour over pineapple. Bake in slow oven (325°) for one hour and 20 minutes. Cool before removing from pan.

Susana Gadol



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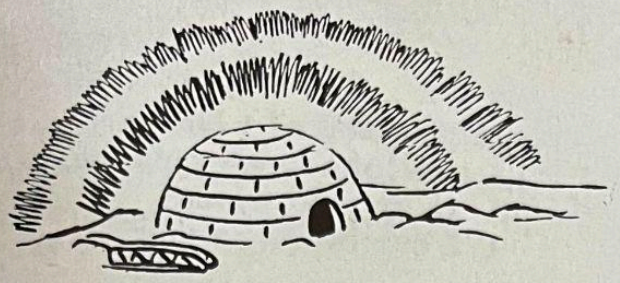


SHERBETS

Philippines

1) 4 large mangoes, meat scraped out with fork
1 egg white, unbeaten

2) 1 large mango, meat scraped out with fork
1/3 medium sized pineapple, minced
1/2 cup raisins—added after beating
1/2 cup coarsely chopped nuts—added after beating
1 egg white, unbeaten

3) 4 to 5 cups mashed papaya, mixed with
15 coarsely chopped large dried prunes
1 egg white, unbeaten

4) 2 to 3 cups mashed papaya, mixed with
2 medium avocados, scraped out with fork
2 mashed bananas (cooking bananas preferable)
juice of 5 or 6 large calamansi
2 raw carrots, grated fine (optional)

5) 2 avocados, scraped out with fork, mixed with
3 to 4 mashed bananas
3 cups cooked, sweetened rhubarb

Freeze mixture at least 1 hour in a freezing tray. Remove, place in a bowl and beat (using egg beater) until fruits are well blended. For #1, 2 and 3: Add eggwhite and beat 2 minutes longer. Put back into freezing tray and freeze for 3 hours—sherbet will then be ready to serve.

Gerda Lester

WINE CRÉME

Germany

1 cup white wine
1 cup water
2 tbsp cornstarch
1 tsp vanilla extract
1 cup sugar
3 eggs, separated

Place all ingredients, except egg whites, in a saucepan; bring to boiling point, stirring continuously. Remove from fire; cool, then fold in stiffly beaten egg whites. Refrigerate. Serve ice cold.

Leny Ackermann

LEMON CRÉME

Germany

6 eggs, separated
1 cup sugar
1 tsp vanilla extract
juice of 3 lemons
grated rind of 1 lemon
1 envelope Knox gelatine
1/2 cup cold water
1/2 cup boiling water

Beat egg yolks and sugar until thick and lemon colored, add vanilla, lemon juice and rind; mix well. Add gelatine to cold water, let stand a few moments until it dissolves, then add boiling water; cool. Stir gelatine into egg yolk mixture and fold in stiffly beaten egg whites. Refrigerate. Serve very cold.

Leny Ackermann

NOUGAT CRÉME

Germany

11 oz semi sweet chocolate
2 tbsp sugar
5 eggs, separated
1/4 to 1/3 cup evaporated milk
3 tbsp whisky

Melt the chocolate in top of double boiler, then beat for a while so all lumps will be dissolved. Add the sugar, then the egg yolks, one by one, beating all the time; then mix in the milk and the whisky. Carefully fold in stiffly beaten egg whites and pour the créme into icecream or sherbet glasses. Chill over night in refrigerator; serve topped with whipped cream; sprinkle with grated chocolate.

Margot Nathan

COFFEE CRÉME

Germany

1 envelope gelatine
1/2 cup sugar
1/4 tsp salt
4 egg yolks
2 cups milk
2 tbsp instant coffee
1 tsp vanilla
1 cup heavy cream

Mix gelatine, sugar and salt in top of double boiler. Beat egg yolks and 1 cup of milk together; carefully stir into gelatine mixture; add re-

maining cup of milk. Cook, stirring constantly, until mixture thickens slightly, about 6 minutes. Remove from heat, add coffee and vanilla and beat until coffee dissolves. Chill over bowl of ice, stirring occasionally. Fold in whipped cream and chill, until firm, in refrigerator. Garnish, if desired, with additional whipped cream flavored with vanilla, and sliced toasted almonds.

Gerda Brauer

ARME RITTER

Germany

14 pieces zwieback or 14 slices white bread, one day old
2 cups milk
1/2 tsp salt
sugar
raspberry syrup
3 eggs, beaten

Soak zwieback, or bread, in milk about 10 minutes. Mix salt and sugar with eggs and dip soaked zwieback in egg mixture. Fry "arme ritter" in butter until golden brown. Serve hot with raspberry or maple syrup, or vanilla or wine sauce.

Gerda Brauer

THREE FRUIT COMPOTE

Germany

1 #303 can sour pitted cherries in syrup
1 pkg frozen raspberries, thawed
1/2 lb frozen whole strawberries, thawed
1-1/2 tbsp cornstarch
1 tbsp lemon juice

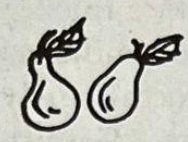
Drain fruit; blend juices with cornstarch and boil over medium fire, stirring constantly, until thick and clear. Cool; add lemon juice. Using a fork, carefully fold in fruit. Chill in refrigerator. Serve with cream or vanilla sauce.

Note: The taste improves if compote is prepared 24 hours before use.

Thea Levy and Jenny Platz

PEARS WITH CHOCOLATE SAUCE

Germany



1 can (1 lb 13 oz) pears
2 squares unsweetened chocolate
1 tsp vanilla extract
1 cup whipping cream
3 tbsp sugar
3 tbsp cornstarch

Drain the pears well, then pour the juice in top of double boiler; add chocolate. When mixture comes to a boil, add the cornstarch, which has been mixed with a little water and cook a minute longer. Add vanilla, take from fire; cool. Beat whipping cream, adding sugar slowly, then fold the whipped cream into the chocolate sauce. Arrange pear halves in a bowl, cover with chocolate sauce, and decorate with thin slices of pears; or serve, arranged the same way, in individual sherbet glasses.

Margot Nathan

BANANA COCONUT ROLLS

Hawaii

4 firm ripe bananas
2 tbsp butter or margarine, melted
2 tbsp lemon, lime or calamansi juice
1/2 cup shredded coconut

Skin bananas and cut crosswise into halves; place in a well buttered baking dish. Brush with butter; pour fruit juice over them and sprinkle with coconut. Bake in 375° oven 15 to 20 minutes. Garnish with sliced pineapple, fluted orange slices and maraschino cherries. Serve hot with hot orange or pineapple sauce.

Orange or Pineapple Sauce: Mix orange or pineapple juice with a little cornstarch in top of double boiler, adding sugar if desired. Place over fire; stir constantly until sauce has reached desired consistency. Canned chocolate fudge sauce, heated, may be used instead of fruit sauce.

Dolores Kraichman

ATAYEF (NUT-STUFFED PANCAKES)

Egypt

For filling, combine:

1 cup walnuts, chopped
1 cup almonds, blanched and chopped
sugar, to taste (about 1-1/2 tbsp)
cinnamon, to taste (about 1 tsp)
1 tsp rosewater, scant

Prepare pancake batter, following directions on pancake mix package, using water instead of milk. Do not make pancakes too large; grill, on one side only, until top is dry. Fill pancakes, immediately on removing from griddle, placing filling on uncooked side. Fold over, forming half-moons, press edges tightly together. Fry in deep hot fat. Serve with syrup. Can be stored in freezer before frying.

To make syrup, boil 1 cup sugar with 1/2 cup water until a thin string forms when syrup is dropped from spoon. Just before removing from fire, add 1/4 tsp rosewater.

Sylvia Braka

KOEKSISTERS

South Africa

4 cups flour
1/2 tsp salt
2 tbsp butter
1-1/2 cups milk
2 tbsp baking powder

Mix all ingredients; knead, and let rise for 30 minutes. Roll out and cut into 2 x 3 inch oblongs. Cut each oblong into 3 strips, leaving one end attached, and braid. Press ends together. Fry in deep hot oil until light brown. Drop directly into chilled syrup, made the previous day and kept in refrigerator. Serve immediately.

Syrup: **4 cups water**
8 cups sugar
3 pieces root ginger or mandarin rind
1/2 tsp cream of tartar

Boil all ingredients together. Cool, place in refrigerator and use the following day.

Tina Frieder

BAKED MANGOES

Philippines

Peel mangoes; brush generously with melted butter and Cointreau. Arrange in rows in baking pan; sprinkle with brown sugar. Add a little water so that mangoes will not stick to pan. Bake in a 350 degree oven about 20 or 25 minutes.

Ann Levine

MATZO SCHALET

Germany

6 matzos
6 eggs, separated
6 tbsp sugar
2 tbsp butter
pinch of salt
1/2 tsp cinnamon
1/2 cup almonds, chopped
1 small pkg raisins
1/2 cup wine
1 tsp baking powder

Soak matzos in water until soft, squeeze, set aside. Cream butter and sugar, add egg yolks; mix. Add salt, cinnamon, nuts, raisins and wine; mix thoroughly, then stir in matzos and baking powder. Fold in stiffly beaten egg whites and bake in a greased baking dish or cake pan in 400° oven 30 to 40 minutes. Serve hot. Good served with wine sauce.

Variation: 1 6-oz pkg of boiled egg noodles may be used instead of matzos.

Eugenie Bass

OMELET SOUFFLÉ

France

4 eggs, separated
1/4 tsp vanilla extract
1/2 cup sugar
butter
apricot jam

Beat egg yolks and sugar until very thick and creamy, at least 10 minutes. Fold in vanilla and stiffly beaten egg whites. Heat butter in a frying pan and fry the omelet on one side for a few moments. Turn it over and bake in a 375° oven, in same frying pan. Serve immediately, on a warm platter, folded over and filled with jam.

Helen Frieder

LEMON CHEESE SOUFFLÉ WITHOUT CHEESE

Hamburg, Germany

2 tbsp butter
3/4 cup sugar
2 tbsp flour
1 lemon, juice and rind
2 eggs, separated
dash of salt
1 cup milk

Cream butter and sugar; add flour, egg yolks and salt; mix thoroughly. Add lemon juice, rind and milk; fold in stiffly beaten egg whites. If desired, raisins may be added. Bake in casserole, set in pan of hot water, for 45 minutes in slow oven. Serve directly from oven.

The soufflé falls after a few moments; however, if the leftover part is refrigerated for a few hours, it will look, and taste, like cheesecake.

Lotte Meyer

APFEL SCHALET (DEEP DISH APPLE PIE)

Germany

Filling:
5 to 6 large apples, pared and cored
1 tsp cinnamon
grated rind of 1 lemon or 1 tsp vanilla
sugar, to taste

Slice apples thin, sprinkle with sugar, cinnamon and rind; cover while preparing dough.

Dough:
1 lb flour, sifted
2 tsp baking powder
1 cup sugar
1/2 tsp salt
1/2 cup butter
2 eggs

Combine all ingredients, knead and roll out on a floured board. Line the bottom and sides of a buttered deep iron pot with dough, allowing enough to fold over filling. Spread filling in dough, fold sides over and cover apples completely. Bake in a 325° oven about 1 hour. Serve hot.

Leny Ackermann

CHERRY COBBLER

U.S.A.

1 #2 can pitted red sour cherries
3/4 cup sugar
3 tbsp quick cooking tapioca
2 tbsp butter
pinch of salt

Combine above ingredients in a saucepan and boil for 5 minutes, stirring constantly. Pour into an 8 inch square baking dish.

Batter: **2 eggs, separated** **1/4 tsp salt**
6 tbsp sugar **1/4 tsp cream of tartar**
1/2 cup sifted cakeflour

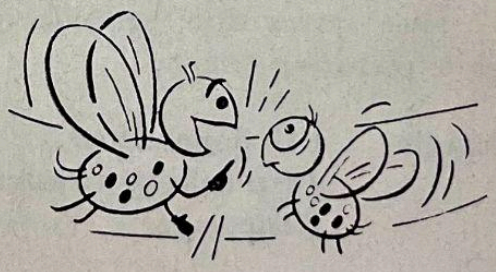
Beat egg yolks until thick and lemon colored. Gradually add sugar, beating well after each addition. Add salt to egg whites and beat until foamy, add cream of tartar and beat until stiff but not dry. Fold into egg yolk mixture, then lightly fold in flour. Pour batter over hot cherry mixture. Bake in 350° oven for 35 minutes, or until sponge topping is baked through. Serve warm.

Margot Preiss

RIZ IB ASAL (HONEY RICE PUDDING)

Syria

1 cup rice (long grained preferred)
2-1/2 cups water
1 cup honey
1 tsp rosewater
blanched almonds



Wash rice; add to water; cook over low flame about 30 minutes or until rice is soft. Add honey, mix, and continue cooking over low flame until mixture is of a thick pudding consistency (about one hour). Mix in rosewater, remove from fire and turn into serving plates immediately. Garnish with almonds. Cool. Serves 5-6.

Grace Haber

CANDIED GRAPEFRUIT OR ORANGE STICKS

Israel

Wipe oranges or grapefruit, remove rind in quarters and cut into narrow strips with scissors. Place rinds in saucepan and cover with cold water; bring to a boil, then drain. Repeat this process five times.

Weigh the rinds and use the same amount of sugar in weight. To each cup of sugar, use 1/2 cup hot water. Heat sugar and water and when sugar dissolves, add the rinds. Cook slowly until syrup has almost completely boiled down; drain, then roll the candied strips in sugar. Will keep indefinitely in well covered jars.

The candied sticks can also be dipped in chocolate instead of sugar. For each grapefruit, melt 2 squares of unsweetened chocolate (for each orange, 1 square only) in top of double boiler and keep hot. Dip each stick into the melted chocolate and then put on waxed paper. Keep in air-conditioned room.

Margot Preiss

CANDIED COCONUT

Egypt

Boil 1/2 cup sugar with 1/4 cup water until thick enough to form string when dropped from spoon. Add a few drops of lemon juice, 1/2 tsp rosewater, and 1 cup of shredded coconut. Mix well, remove from fire; cool and place in covered jars in refrigerator. Will keep for a month or two.

Sylvia Braka

BRANDIED PRUNES

Russia

Wash prunes and drain. Place in a jar, filling it almost to the top. Pour in enough brandy or gin to cover fruit. Cover jar and let stand for 2 or 3 weeks before using. Keeps indefinitely. If prunes soak up all brandy and become dry, add more brandy. For variation, dates or clusters of raisins can be used instead of prunes.

Ann Levine

TRUFFES AU CHOCOLAT

France

No. 1. 7 oz semi-sweet chocolate, grated
2 oz butter
1 tbsp cocoa
1 to 2 egg yolks
fine white sugar (very dry)

Cream butter; add chocolate, cocoa and egg yolks. Mix and form into marble sized balls; roll in sugar.

No. 2. 10 oz semi-sweet chocolate, grated
2 to 3 tbsp light cream
2 oz butter
1 tsp instant coffee
arrack or rum, to taste
chocolate cake decors

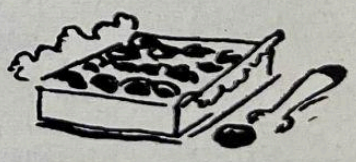
Mix all ingredients, except decors; knead well and form large marble sized balls. Roll in chocolate decors.

Gerda Eulau

RUM BALLS

U.S.A.

2-1/2 cups finely sifted vanilla cookie crumbs
1 cup cocoa
1-1/2 cup powdered sugar
1 cup cashew nuts, minced
3 tsp maple syrup
1/2 cup rum
3 tsp Cointreau
2 jars chocolate cake decors



Mix all ingredients, except cake decors. Form into small balls and roll in the decors. Chill in refrigerator for several hours before serving. Refrigerated in tightly covered jars, balls will keep about 2 weeks.

Helen Beck

LOUISIANA PRALINES

U.S.A.

Combine 4 tbsp water, 2 tbsp evaporated milk, 1 tbsp butter, 1/2 tsp salt and 4 cups brown sugar. Place over low fire; bring to a boil, stirring constantly. Add 2 cups of coarsely chopped pecans, continue cooking and stirring until candy thickens. Remove from fire and drop by spoonfuls on oiled paper, forming cakes 3 to 4 inches in diameter.

If pralines are to be kept for more than a few days, add a dozen drops of vanilla extract.

Dolores Kraichman

MARZIPAN

Spain

18 oz almonds, blanched and ground
2/3 cup fine white sugar
few drops rosewater
few drops bitter almond essence
1 egg white, beaten
cocoa

Combine ground almonds and sugar; grind together, using nut grinder. Add rosewater and almond essence and cook over low heat (in aluminum pot), stirring constantly, until mixture is well blended and does not stick to bottom of pan. Cool, add egg white and knead. Form into marble sized balls, or any other desired shape, and cover lightly with cocoa.

Gerda Eulau

MOCK MARZIPAN

Israel

1 cup toasted oatmeal, ground
1 tbsp ground almonds
1 tsp almond extract
2 tbsp butter, softened
1 tbsp evaporated milk
4 tbsp honey

Mix all ingredients well and knead. Form into small balls and roll in grated bitter chocolate or ground almonds. Chill in refrigerator.

Dina Thischby

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EGG NOODLE PUDDING

8 ounces egg noodles
2 eggs
1/3 cup sugar
1/2 cup milk
Grated rind 1 orange
1 tlb lemon juice
6 stewed apricots
Dry cake crumbs

Cook egg noodles broken in short lengths and drain. Beat eggs slightly. Add sugar, milk, orange rind, and lemon juice. Combine with egg noodles and place over boiling water. Cook 10 minutes. Fill individual baking cups or ramekins with this mixture, leaving a hollow in center.

Place apricot in each hollow. Sprinkle with stale cake or macaroon crumbs and brown quickly in hot oven (400 F.) or under broiler. Serve with apricot juice or whipped cream. Canned peaches, pears, pineapple chunks, or any stewed fruits or berries can be substituted for apricots. Serves 6.

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